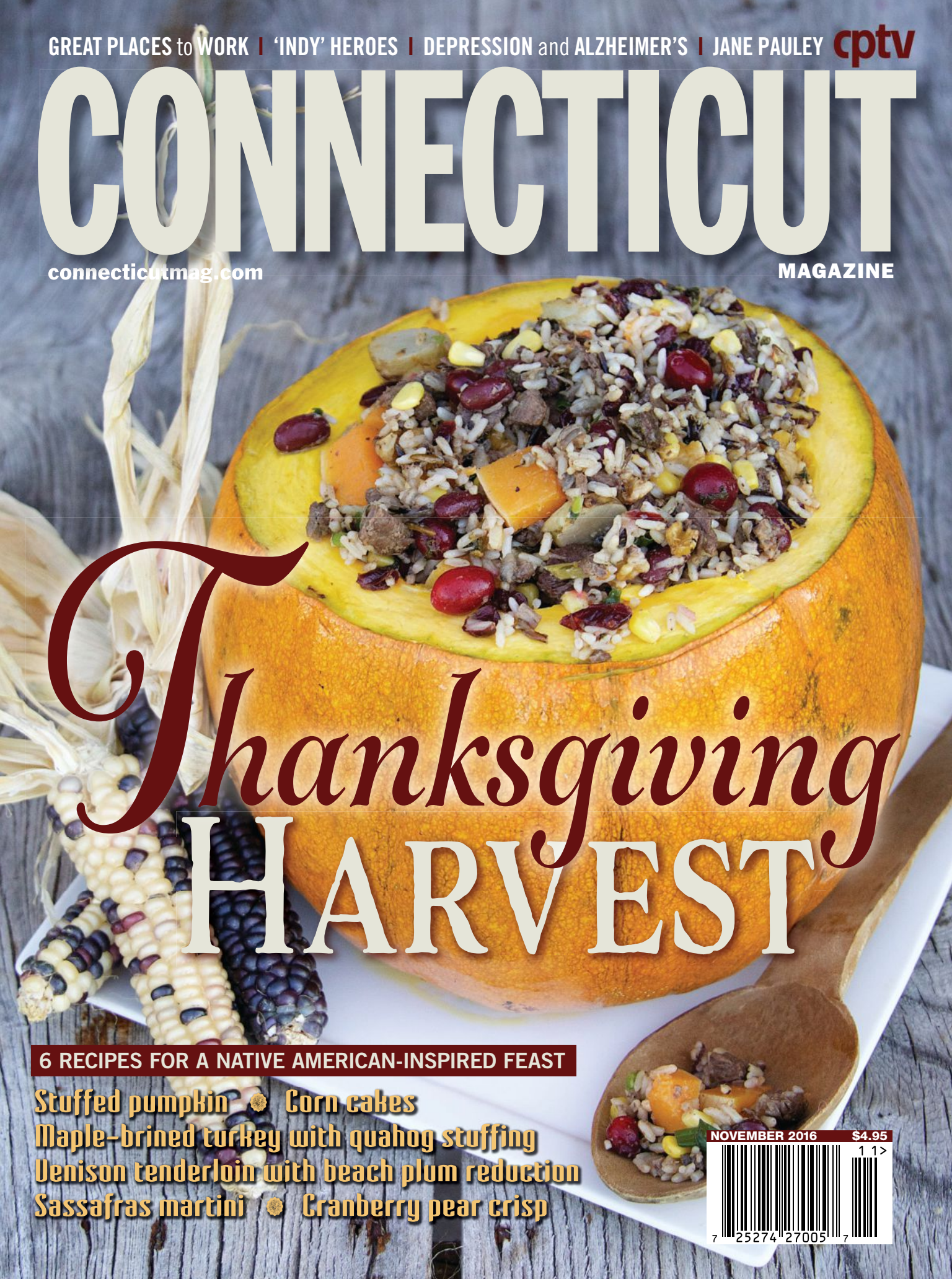


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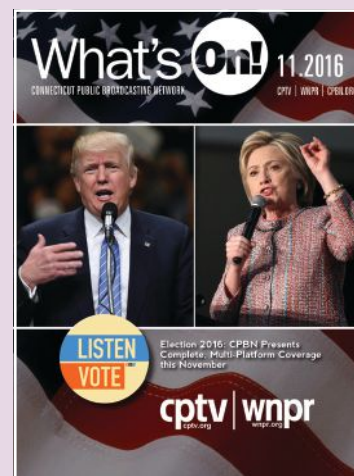
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This page: (top) *USS Indianapolis* photo by Peter Hvizdak, original image courtesy of Michael Emery; (above) maple-brined turkey photo by Kim Fuller Photography.

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CEO Steve Rossi

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| editor's note |

Our Horn of Plenty

When you think of a Thanksgiving feast, what comes to mind? Perhaps turkey, stuffing, potatoes, cranberry sauce, corn, green beans and pumpkin pie.

But as Sherry Pocknett, executive chef at the Mashantucket Pequot Museum & Research Center, tells us, there's far more variety to the Thanksgiving meal in our region than many of us know. A member of the Mashpee Wampanoag tribe, Pocknett gives us an education on how to use indigenous traditions and local ingredients to create a native-inspired spread, including corn cakes, venison tenderloin and quahog stuffing. Check out the recipes on pages 84-88.



The Smith family of Sharon used plenty of native ingredients to make their own sumptuous Thanksgiving feast in 1779. The account is provided in an incredibly detailed letter written by Juliana Smith to her cousin.

As the Revolutionary War raged, Smith writes: "Of course we could have no roast beef. None of us have tasted beef this three years back as it all must go to the Army, & too little they get, poor fellows." Instead, the Smiths dined on venison from a local Native American.

In addition, the Smith family had huge cuts of roast pork, a "big roast turkey," a goose and two large pigeon "pasties," or pies.

Unfortunately, wine was in short supply. "Uncle Simeon has still a cask or two, but it must all be saved for the sick," Smith wrote. Luckily, cider proved a "sufficient substitute."

When preparing the pies and cakes served for dessert, once again, substitution was necessary: "Neither love nor money could buy raisins, but our good red cherries dried without the pits, did almost as well."

Cherries featured in mince pies, where venison stood in for beef. Other sweet treats included pumpkin pie, apple tarts and "Indian puddings." Rather than the traditional (for the time) dessert plum pudding, the Smiths had a boiled pudding made with cherries and preserved ginger from the West Indies. "It was extraordinary good," Smith wrote.

Just as earlier peoples used ingredients near at hand to create their meals, so too do a growing number of restaurants in Connecticut. At Firebox in Hartford, which Michael Lee-Murphy reviews on page 81, much of the food comes from state farms and waters.

Like Thanksgiving, another November tradition demanding our attention to the past is Veterans Day. To honor the legacy of those who served our country, Michael Catarevas tells the story of four men with Connecticut ties who served aboard the doomed *USS Indianapolis* at the end of World War II (page 67).

In our latest Healthy Living report, Erik Ofgang spotlights the efforts of a University of Connecticut researcher seeking to explain the link between late-life depression and Alzheimer's disease (page 51).

And, for those of you not yet retired, we thought we'd leave you with something that will likely make you a tad bit jealous — our biennial Great Places to Work feature (page 59). How does unlimited paid time off and happy hour at work sound?

Toss in a little mince pie, venison tenderloin and quahog stuffing, and I'm sold.

Albert Yuravich

ayuravich@connecticutmag.com

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| contributor |



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Scott Griffin

'THE GOURMET PROFESSOR' (90)

Scott Griffin is an award-winning journalist and adjunct professor at Naugatuck Valley Community College. In another life, he owned and operated a Hamden restaurant that specialized in the Southern fusion of foods he grew up enjoying in the Florida Panhandle.



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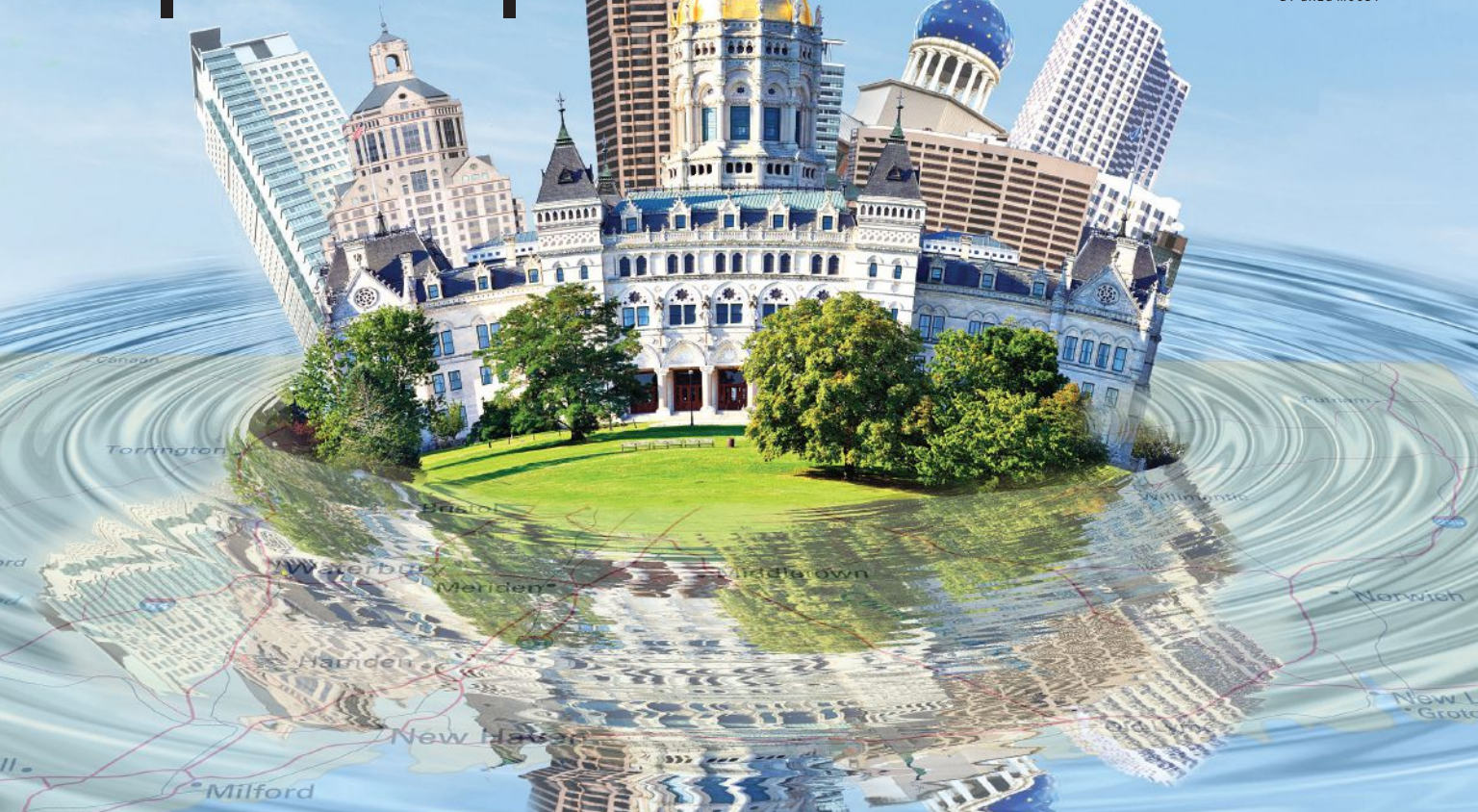
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Changing tack on municipal tax?

PINCHED CITIES TRY TO RELIEVE THE PRESSURE; ONE PROPOSED FIX COULD RIPPLE OUT ACROSS THE STATE

BY MICHAEL LEE-MURPHY

What is the relationship of Connecticut's cities with the rest of the state? How important is their financial health to the rest of the state? Do suburban communities have a responsibility to the cities at the center of our regions?

These are the questions that are, yet again, coming to the forefront of the Connecticut political landscape. This year, however, politicians and community leaders are bringing a renewed urgency to the issue, and new hopes that the next year might finally bring some changes to decades-old issues. Municipal funding, the property tax and local revenue generation are likely to dominate the state legislature's agenda as the session gets underway in January. Throughout the fall, mayors, representatives and advocacy groups have been crafting a strategy to break the political gridlock. Solutions run the gamut, from the politically possible to pie in the sky. Even the "R" word — the governance strategy that dare not speak its name in

New England, *regionalism* — is being bandied about as an answer.

Nowhere is the discussion as urgent as in the city of Hartford. While it may be home to our State Capitol and much of the state's economy, the city's financial struggles are compounding. This year Hartford has a budget deficit of \$22.6 million, expected to balloon to as much as \$50 million if concessions from the city's unions are not forthcoming. Much of the reporting on Hartford's finances has centered on the difficulties around the publically financed baseball stadium, and the ever-growing costs associated with it.

There is a growing chorus, however, that argues Hartford's financial difficulties are structural in nature, not attributable simply to bad governance or mismanagement. Advocates say the solutions to these problems would benefit communities far beyond Hartford city limits. Because of the structure of Connecticut state government, municipalities must use revenue from property taxes to fund the majority of their

operations. Thus, cities and towns sink or swim based on property.

Hartford is sinking. According to city officials, Hartford cannot raise any more revenue than it already does under the current system. Hartford taxes what little property it is allowed to tax at a rate that exceeds every other town or city in the state. City officials say the rate cannot go higher. Mayor Luke Bronin, who did not respond to multiple interview requests, has repeatedly pointed out that the city has less taxable property than West Hartford, despite having twice the population. More than half of Hartford's property — be it hospitals, educational institutions or state government buildings — is tax-exempt. The trick then, for those who want to solve Hartford's problems, is to craft a solution that makes sense for those outside the city, as well.

"Everyone is focused on Hartford. I think that's the wrong approach," says Rep. Matt Ritter, D-Hartford. "It's all Connecticut municipalities — particularly the urban municipalities — that are

struggling with an overreliance on property tax; less and less taxable revenue.” For Ritter, this means finding common ground.

According to both Ritter and Rep. Edwin Vargas, D-Hartford, the recent ruling by Judge Thomas Moukawsher in *CCJEF v. Rell* — in which the judge eviscerated the “irrational” system of funding in the state’s education system — will open up opportunities for legislators from the state’s cities. “From the point of view of the urban legislators like myself, [property tax] has always been an issue,” says Vargas. “I do think that the judge’s ruling gives us leverage in dealing with our suburban and rural colleagues.” Moukawsher’s ruling gives the state 180 days to fix the education-funding regime. While Attorney General George Jepsen is appealing the ruling, the case has injected new life into a debate about how money is distributed in the state.

Ritter offers the example of special education funding. Hartford spends roughly \$30 million of its operating budget on educating special needs children, part of a funding system that can negatively impact small towns, as well. “If a small, rural community has a special ed child or two that costs half a million to educate, then that could break that town’s budget,” he says. Ritter hopes this situation will create a political agreement between the state’s cities and smaller towns.

The Connecticut Conference of Municipalities, the lobby organization made up of mayors and first selectmen from around the state, formed a committee to put together a package of legislation for the 2017 Connecticut General Assembly session. While the committee is hesitant to detail specific legislation, Danbury Mayor Mark Boughton, president of the committee, says new ideas need to be brought to the state legislature. “We need to put together a program and a package of ideas that will look at tax policy, will look at the programs that we want to offer in Connecticut. Who offers them, and how do

we pay for them, and who pays for them?”

Like Ritter and Vargas, Boughton is also concerned with crafting a message and legislative package that will have some appeal beyond the borders of Connecticut cities. “Hartford’s problems today are going to be your problems in about seven or eight years,” he says, directing a message toward those resistant to any notion of regionalism. One such strategy, hinted at by both Boughton and Bronin in recent weeks, is the institution of a regional sales tax. According to Boughton, this would both provide revenue for cities like his and Bronin’s, and also prevent what Boughton calls the “arms race” of municipalities competing against one another for new big box stores and their attendant tax revenue.

As part of a broad front of lobbying efforts, the CCM also released a report in October detailing precisely how the state’s cities are overburdened, not only with the poorest and most vulnerable of the state’s residents, but also with supporting significant parts of the local economy. According to the report, more than 7,600 people commute into Hartford from West Hartford every day, with another 5,100 from East Hartford, and more than 5,000 from Manchester. New Haven has similar numbers of commuters. The argument for a robust regionalism holds that, if suburban residents are using the city for employment — with all the attendant services like police, fire and infrastructure upkeep — then they should bear some of the costs, too.

West Hartford Mayor Shari Cantor says she is open to ideas about regionalism, but is hesitant to endorse any particular strategy or change in the law. “I have heard that nothing’s off the table, but I also haven’t heard anything that’s really truly on the table,” she says. Cantor’s job, she says, is to balance the needs of the regional economy and the responsibility to the city at the center of the region with the needs and desires of those who live in West Hartford. “Obviously our taxpayers have

high expectations. West Hartford runs a very tight ship. Our residents expect good service, so those are things that I really have to be careful about,” she says.

Ritter is skeptical about the amount of local control that surrounding towns will be willing to cede, citing that old New England sense of political autonomy, especially when it comes to finance. But in certain spending areas, less local control would be helpful, he says. He would like to see the state pick up the tab for special education statewide, which would free up a massive amount of budget space in Hartford, and elsewhere. According to data from the state Department of Education, towns in Connecticut spend between 11 percent and 30 percent of their yearly school budgets on special education — with some of that money coming from the state, and some coming from local property taxes. According to Ritter, if the state picked up the entire cost of special education, that would save Hartford about \$30 million in its municipal budget. This would help smaller rural towns as well, Ritter explains, because even the special education costs of educating a few more children than anticipated would place added pressure on a small town’s budget.

He also points to the cost-sharing potential of purchasing agreements — which can range from goods such as salt for the roads to contracts such as garbage or tax collection — with surrounding towns as a relatively attainable goal.

Vargas’ ideas are a little more ambitious. He would like to see marijuana legalized and taxed, as well as new revenues from tolls on the state’s interstate highways. In his mind, much of the problem stems from poverty. Tax revenues are too low because wages are too low, he says. A 2013 report from the New England Public Policy Center of the Federal Reserve Bank of Boston points to the potential savings in regionalizing a slew of non-education services, like 911 call centers, public health and pension administration. Without these fixes, the report suggests, existing problems will only deepen and compound: “Assigning local governments the responsibility for providing services to their populations tends to exacerbate inequality if people self-select into jurisdictions based on their ability to pay for services.” In other words, rich towns stay rich and poor towns stay poor.

In the Land of Steady Habits, the reliance on property tax for local funding is one of the steadiest. Few political issues generate so much debate with so little movement. In 2017, however, things may come to a head, and advocates for reform are hoping for just that.



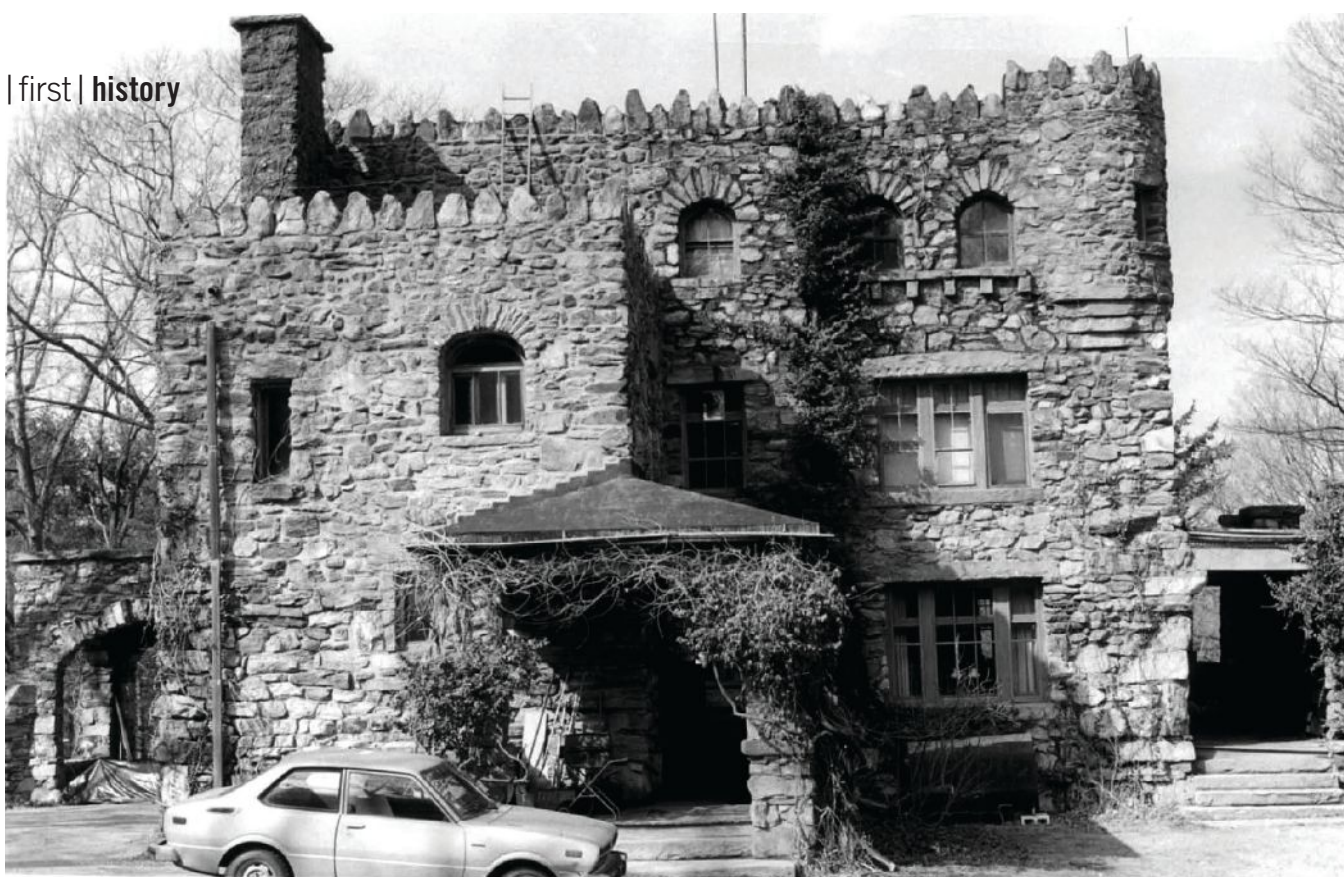
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Can State's Oldest Castle Be Saved?

DANBURY'S HEARTHSTONE CASTLE MAY NOT BE DESTINED FOR A FAIRY-TALE ENDING

BY ERIK OFGANG

On Nov. 8, Danbury voters will be asked to approve \$10 million in infrastructure improvement projects for the city, including about \$1.6 million to convert the long-abandoned castle in Tarrywile Park into a walled garden.

Proponents of the plan for the castle, including several city officials and local preservationists, say the proposal is a noble effort to save what remains of the decaying but striking structure that is on the National Register of Historic Places. Critics fear the plan amounts to a taxpayer-funded demolition.

Predating the more famous Gillette Castle in East Haddam by 20 years, Hearthstone Castle was built between 1896 and 1899 by E. Starr Sanford, a successful New York portrait photographer and camera inventor. In 1918, Charles Darling Parks purchased the castle and gave it its current name.

Members of the Parks family lived in the structure until 1985, when the city of Danbury acquired the castle, the nearby Tarrywile Mansion and hundreds of acres of surrounding land. At the time, the city focused its resources on maintaining the park, and the mansion and the castle was left to deteriorate. Today the castle is in a

state of dramatic disrepair. The roof and its three floors have collapsed entirely. Only the castle's walls — including several curving turrets — and the stone-arched porte-cochère entranceway are still standing.

Located in a relatively remote section of Tarrywile Park, the castle is fenced off but is regularly frequented by trespassers and has become a public nuisance, according to city officials.

"Unless I park a cop out there 24/7, the kids like to break into it and climb in there," Mayor Mark Boughton says. "We've had people get stuck in there; last year we had a fire there."

The city's plan is to clear the interior of the castle of the three-stories worth of plumbing and other household appliances and items that have collapsed into what was the basement. After the site is cleared, the city will commission a feasibility study to examine the integrity of the castle's remaining structures. The hope is to convert the site into an open-air, walled garden that city officials believe will be an attraction and can serve as a gathering spot for concerts and cocktail hours at weddings. But just how much of the castle's structure will remain unchanged is uncertain, and that's where the plan has drawn criticism.

Sharon Calitro, director of Danbury's Planning and Zoning Department, says the walls of the castle, currently three stories high, will probably be lowered regardless



Hearthstone Castle in 1985. PHOTOS COURTESY OF THE NATIONAL REGISTER OF HISTORIC PLACES

of their condition. "We'll preserve what we can, but we have to balance what we leave up there. To leave a 10- or 15-foot wall that some people might want to climb is creating an attractive nuisance." She adds, "Whether it's 10 feet left, five feet left, three feet left [we don't know]. We don't want to create a rock-climbing wall; that wouldn't be the right thing to do."

Potentially reducing the height of the walls doesn't sit well with Dawn Eriquez, a Danbury resident who grew up near the castle. "I don't understand why the walls



Hearthstone Castle today. PHOTOS BY ERIK OFGANG

have to come down," she says. She adds she likes the idea of an open-air attraction, but doesn't believe a site that preserves merely the footprint of the castle will be much of a draw. "I don't know if people are going to come to see a three-foot wall, but they're definitely going to come to stand inside what is a 119-year-old castle. People could stand inside and look up and they'd still be amazed at the beauty and the structure."

Judy Durkin, whose grandmother lived in the castle, agrees. She says if the walls are dramatically reduced, "I would be

extremely disappointed. Not only is it a family homestead with a lot of memories, but I feel that for the city of Danbury it could be something usable."

Because the building is listed on the National Register of Historic Places, it is unlikely the walls would be brought down unless they require significant funding to stabilize. Todd Levine, a historian with the State Historic Preservation Office, which oversees National Register properties in Connecticut, met with Boughton and Calitro in late September to discuss plans for the site. He says the three of them were on the same page about efforts to preserve the castle in as much of its current state as possible. "It's a handsome-looking ruin and I think there is a couple of phases that have to be gone through to determine if it can be saved as is," he says. "The preference would be to retain the outer walls."

In 2014, the city received a grant from the Connecticut Trust for Historic Preservation to study potential plans for the castle's future. At that time it was estimated that a complete renovation of the castle would cost about \$12 million. The estimate didn't include supplying the castle with sewer and water, which Boughton says would bring a full renovation up to around \$15 million or \$16 million. This amount is unrealistic for the city to spend, says Boughton. "I don't know how I tell somebody, 'I can't pave your road this year because we're rebuilding a castle.' People don't want to hear that."

Boughton says creating an open-air walled garden is the most cost-effective option, and is a common practice with abandoned castles in Europe.

Levine says that once the debris is cleared and the castle's walls are studied, there are grants the city can apply for to offset costs of stabilizing the structure. However, he says there would not be enough funding for a complete restoration. Spending more than

\$12 million to get the building up to code is "not something the municipality or the state is interested in doing," he says.

Mark Nolan, the treasurer of Friends of Tarrywile Park, a nonprofit that supports Tarrywile Park, has long championed efforts to preserve the castle and supports the city's vision for the site. "The goal is to get it to be in a respectable condition that will be able to be enjoyed by all in a manageable fashion that's both economically viable today and sustainable in the future," he says. He adds plans are underway to join Hearthstone by trail with other nearby Danbury attractions such as the Charles Ives House and the Marian Anderson Studio, forming a walkable trio of attractions that Nolan believes can draw visitors to the city.

Geoff Herald, president of the board of trustees of the Danbury Museum and Historical Society, says "anything that is of historical nature I prefer to preserve. We want to preserve our history and use it for illustration to show future generations what life was like." However, he says there are fiscal realities that have to be considered and that "converting it to public gardens is the right thing to do."

Boughton says he understands people's frustration with the state of the castle, and that the time to fix it was in 1985 when the city acquired it. "Now it's gotten so bad that it's not repairable. Government should have protected that building."

Even so, the mayor remains optimistic there might be some bright days in the castle's future. "This use will surprise people in terms of its utility," he says.

Levine, from the state, shares that optimism. "When you go there and you see it, you can imagine what it was like 100 years ago. This was a very special place and I think it has the potential to be special again, but it hinges really on the results of this feasibility report."



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The Two Careers of Jerry Adler

BY FRANK RIZZO

It's been several weeks since Jerry Adler tripped and fractured his leg while filming his final scene in the CBS series *The Good Wife*. Adler, 87, played Howard Lyman, a randy, politically incorrect attorney.

But now, confined to his Roxbury home — just down the road from series law partner Christine Baranski — he was getting antsy and welcomed a journalist eager to hear about his two careers.

Two?

For the past 25 years Adler has become a late-in-life actor, with continuing roles in *The Sopranos* (as Tony Soprano's Jewish mob mentor, Hesh), *Northern Exposure* (as Joel's rabbi), *Rescue Me* (as Chief Sidney Feinberg) and *Mad About You* (building super Mr. Wicker). He's also acted in films and on stage, most recently on Broadway in Larry David's *Fish in the Dark* and in Connecticut Rep's *The Sunshine Boys* and *It's Connecticut*.

But the first 65 years were no chopped liver either, working as stage manager, producer or director on some of the greatest shows (including the world premiere of *My Fair Lady* at New Haven's Shubert Theatre) and with some of the leading figures of the Golden Age of the American theater.

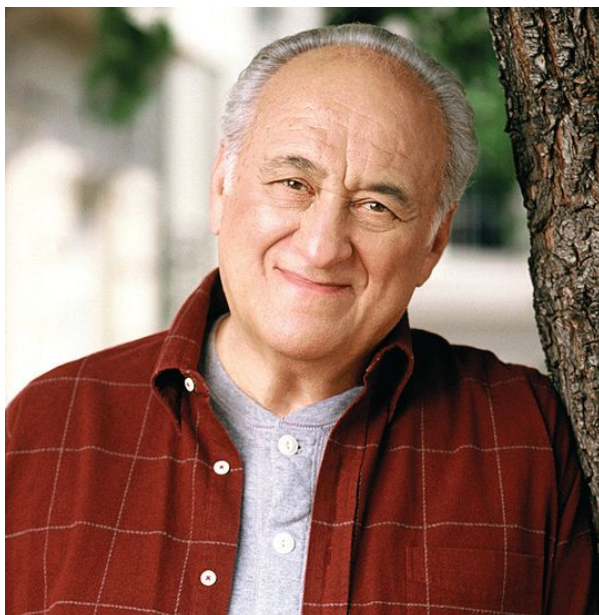
"There are very few of us left from that era, kiddo," says the Brooklyn-born Adler.

Theater was the family business. His great uncle was Jacob Adler of the Yiddish Theatre; his father was Philip Adler, the general manager of the legendary '30s Group Theatre; and his cousins included actor Luther Adler and famed acting teacher Stella Adler.

"I thought I was too goofy-looking to be an actor," he says, so Adler set his sights on off-stage roles, starting in 1950 as assistant stage manager for the musical *Gentlemen Prefer Blondes* starring Carol Channing.

His next backstage job was with the revival of *Of Thee I Sing*, directed by George S. Kaufman, who was also a playwright of classic comedies, known for his quick, acerbic wit.

Adler was with him at lunch one day at New York's Algonquin Hotel, where Kaufman was a regular with other literary notables at the famed "Round Table." "As we were leaving, the elevator opens up and there



Jerry Adler as Sam in the WB sitcom *Raising Dad*.

is a famous woman with whom George had had an affair. But this time she's with this new guy who was dressed all in white. She introduces him to George, ending with 'and he's in cotton.' And George quips back, 'And dems that plants, dem are soon forgotten.' I'll never forget it, to be that quick with a line. Brilliant man, but very sad fellow. Funny, you know, to everyone but himself."

Adler remembers helping sneak a disguised Zero Mostel (known for the films *A Funny Thing Happened on the Way to the Forum* and *The Producers*) out of the theater to keep him away from being served a subpoena to testify for the House Un-American Activities Committee. "One night he was a woman. Another night, an usher. His favorite was pretending to be a janitor. It was a riot."

And then there was the time Adler traveled to Zagreb, Croatia, to convince Orson Welles to star in Welles' *Moby Dick* adaptation on Broadway. Adler got the rights to the play — but not to Welles. "He said he wouldn't perform on the stage in New York again as long as Howard Taubman, who he called 'that prick from the Times,' was still there."

Memorable flops? Oh, listen to Adler tell about the time when Milos Forman directed his first U.S. play, which was so bad that when it was trying out in Philadelphia, no one from the audience returned after intermission and the actors finished the second act to an empty house.

"Sometimes it dawns on you during rehearsals if you're in a flop. That's when

we pass around a note that reads, 'LFOU.' That means 'Look for other work.'"

Sometimes the shows were hits, but it was still a bumpy ride.

Adler had to bring down the curtain on a very drunk Richard Burton in *Camelot*. And another time for an emotionally fragile Barbara Harris in *The Apple Tree*, who was devastated from an affair she was having with Warren Beatty. "I had to pull the curtain on a lot of people," he says.

He remembers Marlene Dietrich, arriving at the theater "looking like she was 190 years old. And then she pulled all that skin back and make a knot and get it taut and she comes out on stage looking amazing." He said she was a hausfrau at heart, "and she would wash the floor of her dressing room herself. But she was actually very sweet."

He remembers going to the old haunts of Brooklyn with Arthur Miller. When a school chum recognized the playwright, he came out of his shop in his bloodied butcher's apron saying, "Hey, Artie! Long time! Whatcha been doing?"

Adler continues: "Miller says, 'I'm a playwright and I just did *Death of a Salesman* on Broadway.' The guy says, 'Holy mackerel, did you make a lot of money?' And Miller says 'Well, if you have a hit show you can make a great deal.' And the butcher says, 'That's fabulous, Artie. You know, I shoulda done that.'"

One of his most dramatic stories was of the Shubert premiere of *My Fair Lady*. The show opened in the middle of a blizzard with terrified star Rex Harrison in his dressing room refusing to go on.

When the Shubert manager threatened to tell the audience the truth (not to mention threats of lawsuits) Harrison finally relented and the show went triumphantly — stopping the show and stunning the actors when the audience refused to stop applauding after "The Rain in Spain."

But that story is just one of dozens about such luminaries as Noel Coward, Katharine Hepburn, Hal Holbrook, Jerry Lewis, Angela Lansbury, Harold Pinter, Liv Ullman, Jack Benny, Richard Rodgers, Sir John Gielgud, Sir Ralph Richardson, Joan Rivers, Mike Nichols, Elaine May, Laurette Taylor — the list goes on and on. Spending an afternoon with Adler is like witnessing theater history from the wings.

Joy Unleashed

CONNECTICUT AUTHOR'S BOOK EXAMINES 'MAGIC' OF THERAPY DOGS

BY ERIK OFGANG

When a dog — especially a therapy dog — walks into a room, everyone's mood is immediately lifted, says Jean Baur.

"It's hard really to explain the kind of magic that these dogs create," says Baur, a Stonington author. "I call them ambassadors of exuberance. They come into a room and the room lights up."

Working with her therapy dog Bella — a lab, terrier, whippet and possibly Mexican hairless mix — Baur has witnessed this magic over and over again in cancer hospital wards and colleges, in nursing homes and elementary schools, from the young and from the old. Baur has been consistently amazed by "the deeply intuitive way that dogs seem to know what each person needs."

This ability to lift people's spirits inspired Baur to write *Joy Unleashed: The Story of Bella, The Unlikely Therapy Dog*, which was published in August by Skyhorse Publishing. Baur will sign

copies of the book at the Groton Public Library's annual Authors' Festival on Nov. 5 from noon to 3 p.m., and at Guilford Free Library on Nov. 9 at 7 p.m.

The book centers around Bella — a rescue dog with a harrowing history — and her sometimes rocky road to becoming a therapy dog, while at the same time examining the impact these four-legged creatures have on their two-legged friends.

"It takes the reader into the everyday miracles that happen when dogs go into a hospital, nursing home, school or cancer center," explains Baur. "And it's also my story — how Bella helped me after I lost my job at age 65."

Baur had worked as a career counselor and had written the books *The Essential Job Interview Handbook* and *Eliminated! Now What?: Finding Your Way from Job-Loss Crisis to Career Resilience*. She is also a member of the National Speakers Association, and her new book has many elements of an effective speech — it is direct,

informative and easy to connect with.

Bella's story began on Puerto Rico's "dead dog beach," a notorious stretch of sand and jungle where local people leave unwanted dogs. Bella was rescued from the beach and ultimately ended up in a shelter in New Jersey not far from where Baur and her husband Bob were living at the time.

The couple's previous dog, Angus, had died about a year earlier. "We had seen a puppy online, so we drove over there," Baur says.

However, when they met the puppy they'd seen online, it wasn't exactly a match made in heaven. "The puppy took one look at us and took off, so the woman that worked there said, 'I don't think this is the dog for you.'"

On that same trip they were

introduced to another puppy. "She came and just sat on my husband's foot," Baur recalls. They learned about this puppy's troubled history and how she had been rescued from Puerto Rico. They debated about whether or not to take her. Ultimately, Baur says "cuteness won out and we took her home."

They named her Bella.

She was always sweet and playful,

but hadn't shed her

troubled early years entirely and had some behavioral issues. "She was an absolutely crazy puppy," Baur says. She told her vet that Bella was wild and full of energy, "He said, 'Well, this is a dog that needs a job,' and suggested agility training."

Baur and Bella competed in agility events with their various jumps and tunnels for two years, but Baur says, "It just wasn't the right fit for either of us."

When a friend began looking into having her dog certified as a therapy dog,



Jean Baur and Bella. COURTESY PHOTO

"This isn't just another book about a dog and a person rescuing one another. It's about how, together, Jean and Bella share their beautiful gift with countless other people who are desperately need to smile."
— Kim Kavin, national award-winning author of *Little Boy Blue* and *The Dog Merchants*

JOY unleashed

The Story of Bella, the Unlikely Therapy Dog

JEAN BAUR

FOREWORD BY AMEE SCOTT



Baur decided that she and Bella would tag along to classes. Therapy dog certification is a rigorous process: among other things, dogs must be calm around other dogs, allow strangers to touch them, not jump on people when interacting and be able to walk on a leash without pulling. Dogs also have to obey basic commands such as sitting and staying both from its owner and other handlers.

Some who knew both Baur and Bella didn't think the rescue dog from Puerto Rico would be up to the task. "There were a number of people who said to me along the way, 'Bella will never become a therapy dog.' That's all somebody has to say to me to make me want to do it," Baur says.

Bella, who is 9 years old, has been a therapy dog for five years and still works regularly. Baur would encourage other owners of friendly dogs to have theirs trained and certified as therapy dogs despite what naysayers may say. She also remains in awe of the way the dogs are capable of brightening people's moods.

"Some of it's almost surreal. I'm often with another handler and her dog, and if you walk down the hospital corridor with two dogs, it's really powerful; people just stop. Whether it's doctors, nurses, aides, janitors, families, there's just this immediate, 'Oh my gosh, there's a dog here.'"

Joy Unleashed is available at several Connecticut bookstores, as well as online. For more information and to learn about Baur's upcoming author talks, go to joyunleashed.org.

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1. More than 1,400 guests gathered at the Connecticut Convention Center for this year's **Miracles XXVI gala**, presented by the Saint Francis Hospital and Medical Center Foundation to benefit cancer-care programs at the hospital. The black-tie event, the largest of its kind in Connecticut, raised more than \$1.1 million for cancer initiatives. Back row, from left: Stanley Black & Decker CEO and Chairman John Lundgren and Tamara Lundgren of Farmington, Clifton Davis, Hal Smullen, Mary Smullen, Marytherese Rodis and John F. Rodis, M.D., BA, president Saint Francis Hospital and Medical Center. Front row: Christopher and Heidi Cutter, Heidi Grise of West Hartford, Joann Jolly and P. Anthony Giorgio, Ph.D., of Avon.
(photo by J. Fiereck Photography)



2. More than 275 people enjoyed an old-fashioned barbecue at the Owenego Inn Beach & Tennis Club in Branford at **New Reach Summer on the Sound**, benefiting New Reach's Life Haven Shelter in New Haven. Clockwise from lower left: board member Barbara Nelson, honored for her longtime commitment to women and children; Kara Capone, New Reach chief operating officer; U.S. Sen. Richard Blumenthal; and Kellyann Day, New Reach chief executive officer.
(photo by Katherine Challis, New Reach)



3. Pratt & Whitney's United Technologies Coalition for Veterans (UTC-4-Vets) recently hosted its first **golf tournament fundraiser** to benefit Project Healing Waters Fly Fishing, a nonprofit organization dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly fishing and associated activities. From left: Jim Iannone, PHWFF district lead, Newington; Keith Tanner, outreach chairman, UTC-4-Vets; retired Captain Ed Nicholson, founder and president, PHWFF; Kimberley Hagerty, treasurer, UTC-4-Vets; Dave Emmerling, Pratt & Whitney vice president, strategy and business development; and Dan Ward, president, UTC-4-Vets. *(photo by Pratt & Whitney)*



4. Soprano Nadia Aguilar Regalado of Torreón, Mexico, and Hartford, was chosen as the **American Opera Idol 2016** by Opera Connecticut. The live competition for opera singers between the ages of 14 and 54 took place on July 14 before a sold-out audience at The Pond House Café in West Hartford's Elizabeth Park. From left: Doris Lang Kosloff, Opera Connecticut's artistic director; finalists Johnathan Riesen of Detroit, Marcelle McGuirk of Philadelphia, Stephanie Sanchez of Houston, Nadia Aguilar Regalado, and Nicole Levesque of College Park, Maryland; and John D. Wadhams, Opera Connecticut president.
(photo by Opera Connecticut)

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New Era Coming for Yale Mascot

For 31 of the past 33 years, Chris Getman has been “the keeper of Handsome Dan,” a succession of English bulldogs who have served as Yale University’s official mascot.

Maybe you’ve seen Getman strolling the sidelines at Yale Bowl, his leashed canine companion alongside him, as they root for the football team and rebuff aggressive advances by rival mascots. You might also have seen the two of them at charity events because Getman has expanded the mascot’s role through the years, raising large sums of money for Yale and other causes.

But Getman’s days as “the keeper” have ended. After the August death of the 17th “Dan,” named Sherman, Getman, 75, decided it was time to let somebody else train and house the next, unannounced (as of this writing) bulldog.

“It makes sense, going forward,” Getman says as he sits at Mory’s, the legendary club next to campus. “The new mascot will be, as ours were, part of the community. He’ll live with a member of the (Yale) athletic department. They’re looking for existing puppies or puppies [soon] to be born.”

Asked if this is a wistful time for him, Getman replies, “Yes, very much so. There’s no getting around that. They’re great pets.”

Getman is also sad to have lost Sherman after just 9½ years. “We had had a dinner party at our home in Hamden and he was running around, fetching things. The next day he ate his breakfast and dropped dead. It was either a heart attack or possibly a tumor that burst.”

Getman adds, “He was looking forward to the season.”

But the team and its supporters have had to deal with a sad absence. “And look what’s happened to the team!” Getman exclaimed. At the time of our interview, Yale had lost its first two games by scores of 55-13 and 27-13. Soon after, the Bulldogs dropped a 63-35 decision to Lehigh before finally getting in the win column with a 21-13 victory over Dartmouth at the Bowl.

Mory’s is a kind of shrine to the Handsome Dan lineage. On a wall sits a portrait of Sherman, painted several years ago by President George W. Bush (Yale Class of 1968). “He (Bush) liked it so much, he kept the original,” Getman says. “He had two prints made; this is one of them.”

Another wall at Mory’s outlines the history of the bulldogs, beginning in 1889. They were all named Dan until Woodie surfaced; others have included Oliver, Bull, Bingo, Maurice, Mugsy, Whizzer and Louis, although the “Handsome Dan” moniker has endured.

The original Dan supposedly was found by Yale student Andrew B. Graves at a New Haven blacksmith’s shop. The write-up notes the mascots inspired Cole Porter to write the fight song: “Bulldog.” (“Bulldog! Bulldog! Bow, wow, wow!”)

Well, it’s an endearing story. But Judith Ann Schiff, chief research archivist at the Yale University Library, discovered in 2014 that Handsome Dan actually was not Yale’s first bulldog and thus not the first mascot. She found a reference in the *Yale Daily News* of Nov. 22, 1890, to “Harper, the champion English bulldog” serving as a mascot to the football team. Schiff wrote in the *Yale Alumni Magazine*: “It was not until 1892 that there is any record of Dan as mascot. The June 23, 1892, issue of ‘Forest and Stream’ noted that Dan would be ‘the Yale mascot this year in the place of the champion Harper.’”

When Getman is asked about this, he replies, “I don’t have a dog in that fight.”

He speaks with great affection about all the dogs he has raised and cared for, but notes Mugsy remained at his owner’s home and



Chris Getman of Hamden, 75, Yale Class of 1964, the keeper of the Yale Bulldog mascot Handsome Dan since 1983, at Mory’s in New Haven.

PHOTO BY PETER HVIZDAK

was around for just two years. “It was difficult for Mugsy’s owner to fulfill all the commitments.”

There has been one female bulldog, Bingo. But she was retired prematurely after her owner, Getman’s predecessor, died. “Bingo hated her job,” Getman noted.

Getman was perfect for the “keeper” role, as he is a devoted Yale man. He pitched for the Yale baseball team, graduated in 1964, then returned as an assistant coach in football and baseball. “Something I take a lot of pride in is the fact the university has realized the bulldog is a great ambassador,” he says. “We sent a video of Sherman rolling around on the ground to all Yale alumni older than 70½, with the message: ‘You can now roll over your IRA tax-free to Yale.’ That raised \$500,000.”

Getman recalls Maurice’s encounters with student mascots from other colleges who dressed up in costume. “The Princeton tiger came over and Maurice head-butted him. The UConn husky, the Brown bear, all got flattened by Maurice.”

Getman also remembers a tense encounter between Yale and Army at West Point, when the Yale marching band suggested the military school was “infiltrated by communists.” Getman notes, “The Army guys didn’t think that was funny, so they wouldn’t let the band perform and they rescinded my sideline pass. I’d arranged for three kids, ages 8, 11 and 11, to walk my dog on the field. We got these three little kids in cheerleader costumes and they went right in with the dog.”

Later that day, Getman adds, “Maurice took a 20-pounder on the commandant’s lawn!”

It’s clear that finding a new “Dan” will be as challenging as finding a new keeper who is as devoted as Getman. “It’s been a fun run,” he says, “and productive. I’m proud of what the dogs have done and how they’ve been part of the community.”

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays.



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BY MICHAEL LEE-MURPHY



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THE ORGANIZATION: Community Speaks Out

THE STORY: In a meeting room at the Groton Public Library in late September, the 50 people in attendance don't want to be celebrating the one-year anniversary of a group that most wish didn't need to exist. Community Speaks Out is the organization. It is part support group, part advice center, part political-advocacy lobby, all dealing with the growing opioid-abuse epidemic gripping the state. Since 2012, nearly 3,000 people in Connecticut have died from accidental overdose, mostly related to heroin and synthetic painkillers. The death toll has steadily increased each year.

The organization assists the addicted and their families through the entire arc of the addiction process: detox, long-term treatment, recovery and, all too often, grieving. Tammy and Joe de la Cruz, CSO's co-founders, are familiar with the struggles of addiction — their son has fought his own for years. Joe once coached a baseball team in Groton where half the players were addicted, he says.

The meeting begins with an announcement about the coming weekend's sober softball tournament, named after one of many local kids who have lost their lives to addiction. The forecast predicts rain, but the tournament will go on regardless. "We've all been through worse than a little rain," says Joe. The brief levity afforded by the announcement doesn't last long. Tammy announces there has been another fatal overdose, just last night. Family members of the recently deceased are among the people gathered in the room, she says. A moment of silence follows. A drug and alcohol counselor from Old Saybrook, Leah Russack-Baker, takes the floor and the stories and testimonials from the group begin. Stories of sobriety and hope mix with those of addiction and suffering. "The body keeps score," Russack-Baker says, "and then it tells you the score."

The people in the room have been keeping their own unhappy score. There are mothers with dates tattooed on their arms, and printed on the back of their sweatshirts. There are young men with hoods pulled over heavy heads, bent toward the floor. The room is lined with photographs and drawings of the submarines that, in happier times, define life in this part of the state.

Community Speaks Out is a place for bereaved relatives to speak about those they have lost, and to speak their truth without the shame that so often accompanies addiction, rarely understood

as the disease so many say it is. For those who have lost, the organization is a place of healing, a refuge. For those who have *not* lost, the organization is more like a life raft. According to Joe de la Cruz, the organization has helped get more than 100 people into detox programs or long-term treatment plans. In an interview after the meeting, Joe admits, somewhat bashfully, that he forgot to mention that milestone, just like he didn't acknowledge the one-year anniversary of the group. It makes sense that he might forget. Acknowledgement of the *success* of the group is a sad reminder of the size of the problem in the community.

Another of CSO's missions is to provide hope. Repeatedly throughout the meeting, Joe reminded his audience that recovery *is* happening here. The people of the community are not entirely helpless and hopeless. The group is a means through which those affected by the crisis can fight back — against a painkiller-prescribing culture, against the lack of long-term treatment options in the state, against the drug industry's lobbying.

Community Speaks Out, which is in the process of getting approval for 501(c)(3) status and is accepting donations, is educating police departments about the nature and scope of the problem. They educate students in schools. There are some in the group who want to buy and operate a sober house. Joe de la Cruz, a member of Groton's town council, is running for state representative. He says it's something he likely wouldn't have done if not for the group. He plans to bring this hope and this hurt to Hartford. Joe says he now thinks about the prisons, having seen so many people incarcerated stemming from their addictions. It costs "\$100,000 a year to put them in jail. I'd rather put \$100,000 in someone's recovery for one year, and have them pay taxes for 30 years," he says.

At the end of the two-hour meeting, one of the young men with a heavy head decided he had to say something. He shuffled toward the front of the room. "Last night my cousin died," he told the group, and then thanked the room for listening. He said he would be back. A lot of hurt, but some hope, too.

communityspeaksout.org

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to mmurphy@connecticutmag.com.

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PHOTOS BY DON PERDUE.

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BY MICHAEL LEE-MURPHY NOVEMBER 2016

GET CRAFTY

Eager to get started on your holiday shopping before the brawl scenes take over the malls? Trying to stay local with your gifts? Kill two birds with one stone at the CraftWestport indoor fine arts craft festival at Westport's Staples High School on North Avenue Nov. 5-6. There will be more than 25 Connecticut-based artists and craftspeople alongside "the country's leading contemporary craft artists." The event is organized by the Westport Young Women's League. General admission \$10; seniors (62 and over) \$9; children (12-17) \$5.

CRAFTWESTPORT

NOV. 5-6 | STAPLES HIGH SCHOOL | WESTPORT

craftwestport.com



| this month | the short list



BALLOON PARADE

The Macy's Thanksgiving Day Parade in New York is spectacular, but might not be worth braving the crowds. For those looking for a similar experience closer to home, the 23rd annual **Stamford Parade Spectacular** has all your favorite balloons alongside local marching bands, right here in the state. The parade begins at noon on Nov. 20. For the true parade enthusiast, there is a Nov. 19 balloon-inflation party from 3 to 6 p.m. in downtown Stamford. Both events are free. stamford-downtown.com

SYMPHONY OF IMMIGRATION

If you like classical music, Nov. 20 is your chance to experience the world premiere of a piece inspired by the New Britain immigrant experience, from the instruments of New Britain's own **Symphony Orchestra**. The piece, ***Are There Still Bells?*** by Hartford composer Albert Hurwit, is about Hurwit's family fleeing the persecution of Jews in Russia in the early 20th century to come to New Britain. Hurwit's piece debuts alongside Dvořák's symphony No. 9, *From the New World*, at Central Connecticut State University's Welte Hall at 3 p.m. It's \$20 for adults and free for children and college students (with ID).

newbritainsymphony.org



90TH ANNIVERSARY SEASON

BROADWAY

at the garde

CAREFREE: CT PREMIERE!
DANCIN' WITH FRED AND GINGER
Saturday, November 12, 2016 • 8pm

Directed by Tony Award-winning choreographer Warren Carlyle, *Carefree* is the perfect celebration of the Garde Theater's 90 years as an historic movie palace and performance stage. The innovative staging of this all-new pre-Broadway tribute—live on stage—merges original film footage with Broadway's hottest hoofers in a one-of-a-kind musical celebration of Fred Astaire and Ginger Rogers' biggest show-stopping numbers from their nine films for RKO Pictures. The innovative staging blends today's hottest Broadway hoofers with original film footage and features tunes from the Golden Age of Hollywood musicals such as "Cheek to Cheek", "The Way You Look Tonight", and "Slap That Bass"—accompanied by a swinging house band.



THREE GREAT BROADWAY MUSICAL NATIONAL TOURS

Plus Special Events...

ONCE Friday, February 10, 2017 • 8pm

Winner of eight 2012 Tony Awards including Best Musical, *Once* is a truly original Broadway experience. Featuring an impressive ensemble of actor/musicians who play their own instruments onstage, *Once* tells the enchanting tale of a Dublin street musician who's about to give up on his dream when a beautiful young woman takes a sudden interest in his haunting love songs.



THE ALUMINUM SHOW
Wednesday, November 16, 2016 • 7:30pm

This new and unique show brings the material, the music and the artists together on stage in a magical, mystery-filled creation combining visual theater, dance, and humor into an exciting, multi-sensory experience, the likes of which audiences have never before seen. *Sponsored by Dominion*



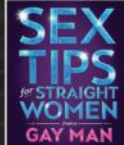
ANNIE Sunday, April 23, 2017 • 5pm

Leapin' Lizards! The world's best-loved musical returns in time-honored form. Directed by original lyricist and director Martin Charnin and choreographed by Liza Gennaro, this production of *ANNIE* will be a brand new incarnation of the iconic original. *Sponsored by Olde Mystic Village, Simply Majestic, Ct Family*



SEX TIPS FOR STRAIGHT WOMEN FROM A GAY MAN
Thursday, May 18, 2017 • 8pm
& Friday, May 19, 2017 • 8pm

This romantic comedy takes the audience on a hilarious and wild ride where no topic is taboo and the insider "tips" come straight from the source: a gay man.



860.444.7373 extension 1 • www.gardearts.org • 325 STATE STREET • NEW LONDON, CT

GOLD MEDAL CHAMPIONS

Still buzzing from the Olympic gymnastics in Rio de Janeiro? This month you get two chances to see USA Gymnastics superstars like Simone Biles, Gabby Douglas and Nastia Liukin (right), along with the rest of the team, at the **Kellogg's Tour of Gymnastics Champions**. On Nov. 5 they stop at the XL Center in Hartford, and they're back with a stop in Bridgeport at the Webster Bank Arena on Nov. 12. Tickets start at \$30. kelloggstour.com



See November 2016 calendar listings at connecticutmag.com/calendar

SCIENCE SLEEPOVER

A day at the **Connecticut Science Center** in Hartford is good. But can you imagine spending a *night* there? For children ages 5-12 and their parents or chaperones, combine the fun of a sleepover with the education of a field trip at one of Connecticut's premier immersive museums on Nov. 19. After registration opens at 6 p.m., a program that runs from 7 until lights out at 11:30 features hands-on activities, workshops, a scavenger hunt, a 3D film and snacks. Bring a sleeping bag and a flashlight. The cost is \$55 per person. Call 860-520-2117 or email overnights@CTScienceCenter.org ctsciencecenter.org



GREAT RECESSION DRAMA

There are plenty of towns and cities in Connecticut with boarded-up abandoned factories, the workers long laid off and the production moved overseas. Watch the scene play out on stage at New Haven's **Long Wharf Theater** in the play *Other People's Money*. When a Wall Street "takeover artist" eyes a New England factory and wants to strip it for parts, a local lawyer named Kate must try to stop him. Tickets are \$35-\$70 and opening night is Nov. 23. The play runs through Dec. 18. longwharf.org



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Non-profit 501 (c) (3)

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DECEMBER

- 3 Band of Merrymakers**
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20% off tickets with code: CTMAG

- 5 Melissa Etheridge**
Holiday Trio



- 7 Tiempo Libre:**
A Cuban Holiday!



20% off tickets with code: CTMAG

- 8 Sharon Jones & The Dap-Kings**
Home for the Holidays
Special Guest Saun and Starr



- 9 Christmas with The Celts**



- 14 A Darlene Love**
Christmas: Love for the Holidays

The Bolshoi Ballet in HD:

- 23 The Nutcracker**

20% off tickets with code: CTMAG



BY MARYELLEN FILLO

Connecticut will celebrate three of its trailblazing women at the 23rd annual Connecticut Women's Hall of Fame ceremonies on Nov. 2 at the Connecticut Convention Center. Receiving the prestigious honor this year will be respected broadcasting journalist **Jane Pauley** and award-winning UConn athlete, Olympic gold medalist, television analyst and author **Rebecca Lobo**. Being honored posthumously will be Dr. Joyce Yerwood Carwin, the first African-American female physician in Fairfield County.

Pauley, who recently replaced Charles Osgood as host of *CBS Sunday Morning* and is married to Doonesbury cartoonist Garry Trudeau, and Lobo, married to sports columnist and author Steve Rushin, talked about their pending induction into the hall of fame, their accomplishments, families, marriages and more in separate interviews recently with *Connecticut Magazine*.

■ **You have covered history as part of your career, and now you *are* history as you prepare for your induction into the Connecticut Women's Hall of Fame. Did you ever imagine such an honor?**

I never imagined it. I was not raised to think I would receive such an award, nor did I have the imagination that I would.

How is the family responding to the new accolade?

We have a daughter and two sons, and to be completely honest with you, our focus is on my daughter and daughter-in-law these days because they both recently gave birth to babies a week apart. I aspired to live a life and have a career, but my children were stupefied when they got old enough to realize who I was and what I did for a living. The only thing that ever got their attention was when my shows were being advertised or they saw my picture on a bus.

Connecticut is a home to you. What are the connections?

My husband Garry Trudeau and I met in New Haven. He lived there, and when we started our married life we bought this funny little house without electricity in the Thimble Islands. And we have had it ever since. Our kids grew up there and their friends were always there and we still enjoy it and so do the kids and their families and friends. We are huge Sally's Apizza fans and then there is Garry's connection to Yale, and one of our kids went there, too.

You join the ranks of women who have not only made their mark on state history but national and international history, as well. What makes you worthy of the honor?

Believe me, I am waiting for the event to find out, and if people want to give me credit, I will accept it. From the perspective as a 65-year-old woman looking back, I have to answer "I don't know." I was given opportunities as a young woman and professional doors opened a crack and somebody was going to be the first to go through, and I did.

But you were one of the trailblazing women who did help put the cracks in the glass ceiling. Where did you get your courage, and did you ever doubt you would achieve what you have in the industry?

It took courage, yes, but as I said, I was never a person who led the charge in the women's lib movement. I identified with it but wasn't active in it. I got myself to where I am with drive and ambition. That made more sense to me. I made opportunities for myself

by trying to do really good work. And then there is the magic of luck. When I was first brought to NBC as a candidate to replace Barbara Walters, I figured I had no chance of getting the job because I was the youngest to be brought in. So I was pretty loose when I auditioned because I thought I really had no chance of being chosen for the job. And then I was. The word most commonly attributed to me is "authenticity." I like that. I feel that just being myself makes the most sense.

You have a very public marriage thanks to the combined celebrity of you and your husband. What is the secret to that success?

We work together. Neither one of us is hugely egotistical. We come from people who were modest; middle-class families. I think the success comes from our unspoken values. The kind we observed in our parents. Ours were good and responsible with a strong work ethic.

We are seeing you on *CBS Sunday Morning* now. No retirement yet?

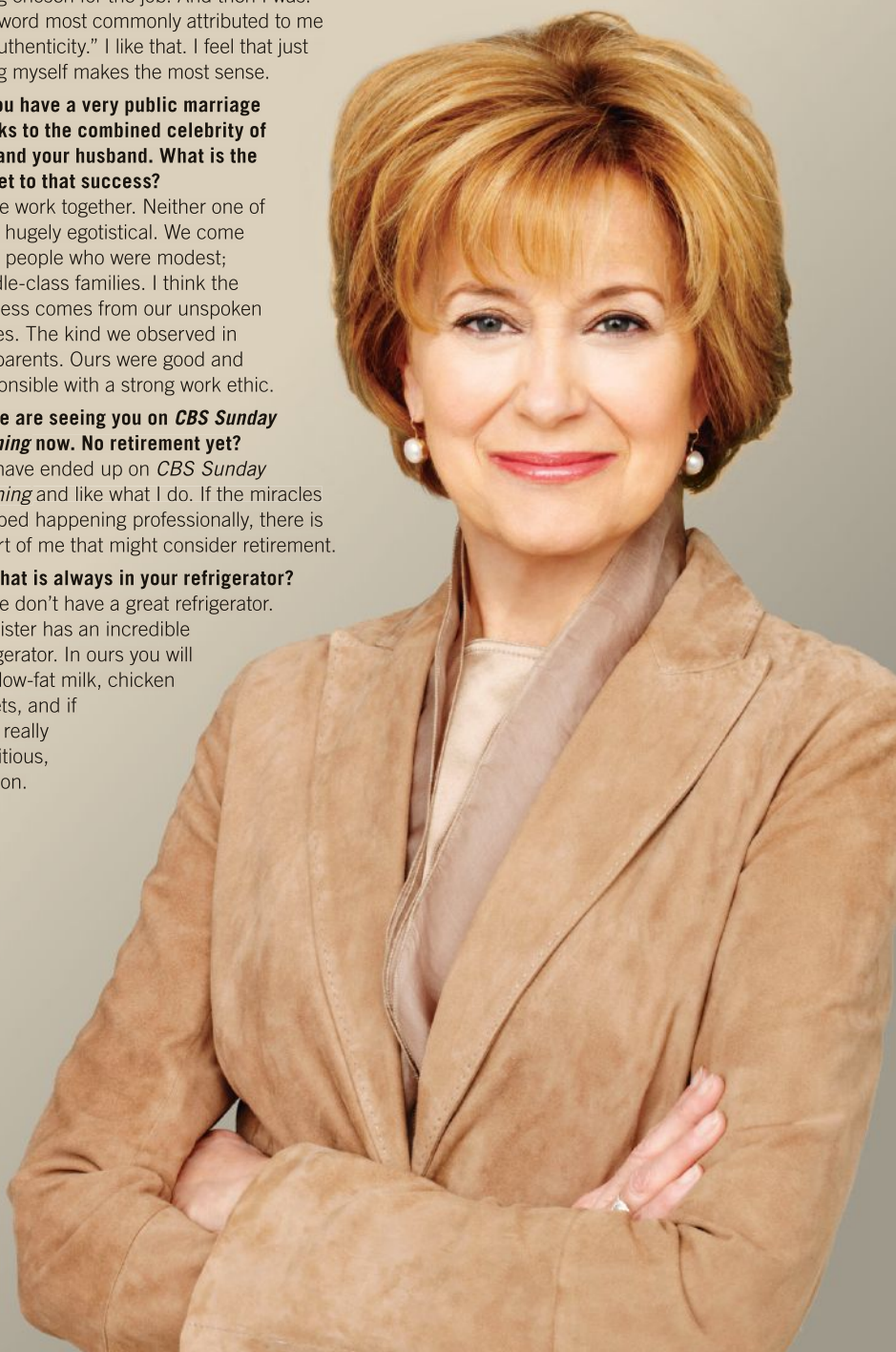
I have ended up on *CBS Sunday Morning* and like what I do. If the miracles stopped happening professionally, there is a part of me that might consider retirement.

What is always in your refrigerator?

We don't have a great refrigerator. My sister has an incredible refrigerator. In ours you will find low-fat milk, chicken cutlets, and if I am really ambitious, salmon.

What is something most people don't know about you?

I have bad insomnia and I can engage anyone in a conversation about sleep. I am a sleep evangelist and can speak for hours on not being able to sleep.



■ **You made history during your career, and now you *are* history as you prepare for your induction into the Connecticut Women's Hall of Fame. How does that feel and did you ever imagine it?**

As a little girl, I played basketball because I loved the sport. I would shoot hoops in my driveway and my imagination would take me wherever I wanted to go — usually to the Boston Garden hitting game-winners for the

Celtics. Since there was no women's pro league to watch and very few college games on television, I didn't dream of what I would do as a professional or college player. Entering any hall of fame was never a thought for me.

How is the family responding to the new accolade, especially since it is something quite different than your prestigious athletic awards?

My father and siblings have always been proud of the accomplishments that have happened in my life. Just like I am proud of theirs. My brother is a great father and a judge, my sister is a great mother and has worked for Adidas for nearly 20 years. This fall, my dad is coaching cross country at Granby High School for the 50th year. They have all gotten accolades in their professions. Mine just tend to be more visible. Now, as for my own kids, they don't care about any of my athletic awards or anything else. Nor should they. They just want to know when I have to go on my next road trip to "talk ballgame." I guess it's good that they still miss me when I'm gone.

You join the ranks of women who have not only made their mark on state history but national and international history. In your mind what makes you worthy of the honor? What do you think your contribution to history has been?

I don't necessarily think I am worthy of any honor.

were perceived and celebrated. That being said, I realize that my most important contribution will be raising my children to be good people. That trumps everything.

Where did you get your courage, and did you ever doubt you would achieve what you wanted to?

I don't think I had athletic success because I was courageous. My mom battled breast cancer for 17 years. She was courageous. But she and my father instilled in me and my siblings a certain work ethic and I think we all take pride in it. I don't worry about failing. That's part of life. Doubting success does nothing but impede it.

Who are your role models?

My parents were my strongest role models growing up.

What's next for you professionally?

I hope I can continue working at ESPN calling women's college and professional basketball games. I love my job. It also gives me time to coach my children's basketball teams. I love doing that.

You have a very public marriage thanks to the combined celebrity of you and your husband, author and sports writer Steve Rushin. What's the secret to your success?

The secret to our success? That's funny. I sure wasn't thinking about that recently standing in the middle of a food court in a crowded Cape Cod mall on a rainy day while

JANE PAULEY & REBECCA LOBO CONNECTICUT WOMEN'S HALL OF FAME INDUCTION CEREMONY

NOV. 2 | 6-9 P.M.

CONNECTICUT CONVENTION CENTER | HARTFORD

203-392-9007, cwhf.org

As I mentioned earlier, I always played basketball because I loved it. I was just so fortunate that my timing was perfect. I was born immediately after Title IX passed and the result was that I got to play in college and then professionally. Now there are enough women's basketball games on television that I can make a living talking about them.

I hope that I carried myself the "right way" while playing basketball and commenting on it. I suppose my contribution to history will include being part of UConn's first championship, a team that helped change the landscape for how women's team sports and team-sport athletes

my youngest child threw an epic tantrum. We have the same challenges that every family has. Our four children — ages 5, 7, 10, 11 — bring out the best and the worst in us, just like every kid brings that out in their parents as they push for more independence. We just hope to raise them with a strong faith and sense of what is right and wrong. Hopefully they choose right most of the time.

What is your advice to women who may be reading this interview?

Don't go to a crowded Cape Cod mall on a rainy day with an overtired 5-year-old. It's a really bad idea.

What is something most people don't know about you?

That I'm part Jewish. I didn't find that out until last fall when I was on PBS's *Finding Your Roots* with Henry Louis Gates. Pretty cool to learn something like that at age 40.

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I this month | **music**

Compact Discs

RECORDS



INTEGRITY 'N MUSIC

506 Silas Deane Highway,
Wethersfield,
integritynmusic.com

A bit hard to find, this spot on the Silas Deane Highway has some of the best deals on records in the state. Hidden in the back of a nondescript plaza, this record store has one of the best selections of jazz in the state. Owner Ed Krech regularly takes in whole collections of jazz and blues, making this shop a dream for crate diggers and casual fans alike. Catch live jazz several times a month.

For the Record

FOR SERIOUS MUSIC LOVERS, THESE INDEPENDENT RECORD STORES ARE VINYL PARADISES

BY MICHAEL
LEE-MURPHY

What is it about a bonafide brick-and-mortar record store that seems to endure? We live in an era of digitization in which music, movies and books are available through streaming and downloads. However, there are still people who like to touch and hold their music, and the ongoing vinyl revival shows us there are still reasons to be old-fashioned. It's difficult to form a community off of streaming, purists say the sound quality of vinyl can't be beat and electronic algorithms can only go so far in making recommendations. Here are our favorite Connecticut record stores, where the old is new again.

WILLIMANTIC RECORDS

744 Main St., Willimantic,
blog.willimanticrecords.com

Willimantic
RECORDS
IN REAR

This tucked-away gem featuring occasional live-music showcases is a vital part of cultural life in the eastern part of the state. Quirky and obscure vinyl is a strength, as is the low-key atmosphere.

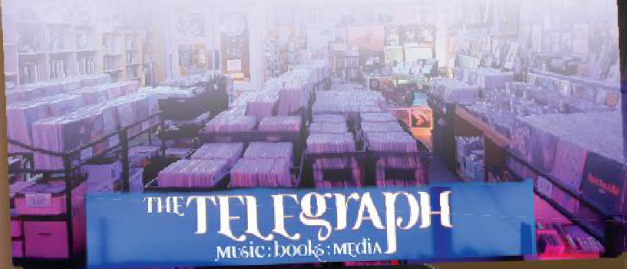


BONUS TIP: For nearly a decade, the annual Record Store Day has been celebrated on an April Saturday to bring together the thousands of independent record stores across the world and those who love them. Special vinyl releases are made specifically for the day, and various festivities are held to commemorate the day. In 2017, the 10th year, it will be held April 15. Record stores make a fun visit throughout the year, but Record Store Day is an occasion not to be missed.

THE TELEGRAPH

19 Golden St., New London,
telegraphnl.com

Newer than most of the stores on this list, The Telegraph is still trying to find its footing, according to co-owner Rich Martin. Part of finding its footing is holding regular shows (noticing a theme?), BYOB and "pass the hat" soirées on Saturdays, and a partnership with New London's *The Day* newspaper for Live Lunch winter weekday matinees. An extensive indie rock section is probably the centerpiece, but there is also a big used punk section, and plenty of reggae and jazz.



MERLE'S RECORD RACK

307 Racebrook Road, Orange, merlesrecordrack.com

Since opening in New Haven in 1962, Merle's Record Rack has been a fixture in the Connecticut record world.

At its peak, there were as many as 10 locations throughout the state. The last outpost is in Orange, where the store offers a variety of high-end audio equipment and turntables to accompany its vinyl offerings.



MYSTIC DISC

10 Steamboat Wharf, Mystic, mysticdiscpl.com

This shoreline spot has been around for 33 years, with a stock that leans toward classic rock and blues among its mostly used selection. Owner Daniel Curland is quick to stress, however, that there is everything "from hard-bop to Nirvana and up." The shop is completely vinyl based, eschewing the increasingly outdated medium of CDs.

Mystic Disc

NEW • USED
RARE

REDSROLL RECORDS

24 N. Colony Road, Wallingford,
redscrollrecords.com

At its best, a record store can be a hub for a larger scene — a gathering place or a focal point, like an old New England town hall. Since 2008, Redscroll Records has been just that for the state's punk and hardcore music scene. Even before it was a brick-and-mortar store, Redscroll released local bands' music on CD and vinyl, and continues to do so now. Be sure to check out the "Blackout at Sunrise" Black Friday deals after Thanksgiving.

GEROSA RECORDS

GEROSA RECORDS

246 Federal Road, Brookfield, gerosarecords.com

Celebrating its 30th year, this shop has been through several iterations of the record market, according to owner Brian Gerosa. Gerosa himself has been selling records since he left high school, first working at the Record Broker in Danbury before opening his shop. "It's important to have the day-to-day interaction with music," he says of his 30 years at the store.

REPLAY RECORDS

2586 Whitney Ave., Hamden, replayrecords.net

As record stores moved away from vinyl in the 1990s, Replay Records said no. "We decided to continue our warm embrace of wax," according to their website. After relocating from West Haven to Whitney Avenue in Hamden in 2007, the store celebrated 25 years in 2014. Both used and new records are available here.



I this month | art

Bantam Belle Époque

THE VERONICA MARTIN GALLERY BRINGS TURN-OF-THE-CENTURY PARIS TO LIFE

BY MICHAEL LEE-MURPHY

The next time you look at a printed advertisement — whether on a highway billboard, or on a bus, or even in this magazine — cast a critical eye toward it. Would you frame it and hang it as a piece of art? Maybe, but maybe not.

At the newly opened Veronica Martin Gallery in Bantam, advertisements from another era are on display as fine art. The gallery's collection mostly centers around posters from the earliest advertising golden age, from the late 19th to the early 20th century. For Veronica Martin, this type of advertising art in general and her gallery in particular provides a lens through which to look at historical change in a particularly volatile time in world history.

During the time period featured in Martin's gallery, the impressionist idyllic

blurs of romantic-era painting was giving way to the fierce, stark contrasts of a more modern style. The gallery features several original prints from the artist Leonetto Cappiello, considered the father of modern advertising. Cappiello's images have the striking figures on the dark background that we might associate with a more current style. His innovations in advertising capture, in their own way, changes in the world at large. "What I would love is for people to see these, to enjoy them, for their artistic value, but also for their historical value," Martin says.

Paris, where most of the art in the Veronica Martin Gallery was created and displayed on city streets, was in many ways the capital of the newly emerging contemporary society. The Industrial Revolution had given birth to a new world of consumer products, products that changed the way we interact with the city and with urban space. The advertisements in Martin's gallery are of ordinary things like bicycles, soap and lights — all products that are ubiquitous now, but in Belle Époque (Beautiful Age) Paris were indicators of a new world to come. (The gallery's setting in an old light switch factory in Bantam is a gesture to a corresponding era in Connecticut's industrial history.) New methods of transport like trams, bicycles and early cars meant that people moved through the city at much faster speeds than ever before. Advertising, then, had to get faster too. Lines become sharper.

The new urbanites of the Belle Époque had no time for the hazy vagaries of romantic art. "You got to capture the audience, you got to capture the potential buyer or audience cleaner, more quickly," Martin says. Electric lights meant city dwellers could stroll and walk at night and



imbibe in the libations also advertised by Cappiello's posters.

It was during a year abroad at the École du Louvre art institution in Paris that Martin became captivated by poster art. "I just decided: 'let me pursue this, let me see what happens.'" Her art history degree also means that she can discern a replica from an original. Martin is hesitant to say how she has assembled her collection — the secret of any gallery — but says her ability to find the posters is the fruit of a long-term obsession with the style.

Because Martin still works a day job as a personal assistant in nearby Washington, the gallery is only open on weekends from noon to 5 p.m. Appointments are by request. Sitting among a strip of antique stores in Bantam, the gallery echoes with the industrial change that runs through its art.

vmgantiqueposters.com



PHOTOS COURTESY OF VERONICA MARTIN



Ireland's Easter Rising Comes to East Haven

100 YEARS ON,
THE IRISH-
AMERICAN
COMMUNITY
STAGES ITS
REMEMBRANCE



BY MICHAEL LEE-MURPHY

The Irish take theater seriously. During the first run of Sean O'Casey's play *The Plough and the Stars* at Dublin's Abbey Theatre in 1926, the audience members rioted. They were upset by the play's critique of the interplay between the Irish labor movement and the nationalist sentiment during the 1916 Rising. In 1907, a J.M. Synge play at the Abbey Theatre had also provoked a riot. The poet William Butler Yeats chastised the 1920s rioters, saying "you have disgraced yourselves again. Is this to be an ever recurring celebration of the arrival of Irish genius?"

Genius though they may be, the Gaelic Players of East Haven's Irish American Community Center should have no such trouble as they stage their own version of *The Plough and the Stars* at the center Nov. 9-13. This year is the 100th anniversary of the Easter Rising, regarded by many as the first blow in the Irish fight for independence from Britain. O'Casey's play is a retelling of the Easter Rising from the view of the slums on the north side of Dublin, and it has seen a renewed interest this year because of the anniversary.

The Gaelic Players themselves have been

around for some 48 years, first performing *The Plough and the Stars* in 1978. Several of the actors in this year's production were also in the first performance. Among them is Eileen O'Keefe Roxbee, who has been involved her entire life, quite literally. Her pride in her background is evident in the traditional Irish claddagh ring on her finger. As a child she lived on the premises when her mother and father (from counties Donegal and Cork, respectively) ran the center. For this year's performance, three O'Keefe generations will be in the play, as Eileen's granddaughter Caroline Pfaff takes the stage, along with her daughter.

The play's director, Brian Beirne, was born in New Haven and raised in County Leitrim, before returning to the New Haven area for work. For Beirne, the play's nuanced take on the events of the Easter Rising is one of its strengths. "You're getting all different sides, and political views. ... There's no pushing of any one," Beirne says. O'Keefe Roxbee, for her part, is from "a rebel family," she says. Her grandfather fought in the Irish War of Independence and in the subsequent Irish civil war — many of the sentiments in the play run through her own history.

Eileen O'Keefe Roxbee, left, and Jillian Mackey Simms in a scene from *The Plough and the Stars*.

PHOTO COURTESY OF THE NEW HAVEN GAELIC PLAYERS

This is the 48th production of the Gaelic Players, and the group is planning its own celebration for its 50th in two years. The group is hoping to get grant funding for a retrospective of its performances and a documentary about Irish theater in America, and will be partnering with Quinnipiac University's Irish Studies program.

The Abbey Theater in Dublin, where theatergoers rioted 90 years ago, is trying again with *The Plough and the Stars*, by now regarded as a masterpiece. The Abbey has given the play a modern update, however, with contemporary costumes and a modern-day Dublin setting. Beirne wants to keep the East Haven performance as faithful to the original as possible. "I think we've always done justice to anything we've done," he says.

The shows run Nov. 9-12 at 7:30 p.m. with a 2 p.m. matinee on Nov. 13. Tickets are \$20, and can be purchased online or by calling 203-318-8258.

gaelicplayers.bpt.me



Spamming 'Hamilton!'



Chris Anthony Giles,
Nicholas Edwards,
Dan Rosales, Juwan
Crawley and Nora
Schell in *Spamilton!*
PHOTO BY CAROL ROSEGG

"I'm the only person of color to play Stephen Sondheim in front of Stephen Sondheim," Juwan Crawley told me after a performance of the hit Off-Broadway musical parody *Spamilton!* In the Triad Theatre, Crawley, 22, plays the composer, along with other characters from you-know-what-blockbuster and other iconic Broadway musicals.

Crawley, who grew up in Monroe and Bridgeport, is off to a great career start after graduating in May from the theater program at University of Hartford's Hartt School. He got his gig in *Spamilton!* on his first audition.

Sondheim's not the only celeb who has seen him perform. *Hamilton*'s Lin-Manuel Miranda checked out the show which relentlessly spoofs his show and himself. "I was shaking in my pants when I heard he was going to be in the audience," Crawley says. When he met Miranda after the show, Crawley burst into tears, overcome at meeting the star — combined with feelings of his extraordinary fortune since graduating from Hartt just a few months

earlier. Miranda liked the show so much he gave the cast tickets to the real deal: "Front row center mezzanine," Crawley says.

Following his run in *Spamilton!*, Crawley is featured in a new musical, *Found*, which is being presented in Philadelphia this month and next. Not busy enough? His CD *Awakening (Mind)*, in which he composed

most of the songs and all of the lyrics, and which he made with his Hartt buddies, is scheduled to be released later this month. He sings with a haunting mezzo-soprano range that takes you to heaven and beyond.

"It's been an insane year, but really a dream come true," he says. "At times it seems overwhelming — but in the best way."

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► LIFE AFTER 'SESAME STREET'

When it was announced earlier this year that Roscoe Orman, who has played Gordon Robinson, one of the central human characters on *Sesame Street* since 1974, will exit the newly revamped show, there was an outcry from his multi-generational fans. But the veteran actor is plenty busy, now featured in August Wilson's *The Piano Lesson* at Hartford Stage, playing through Nov. 13.

Does he see similarities between *Sesame Street* and the neighborhood of The Hill section of Pittsburgh of which Wilson writes in his 10-play cycle? "There is a very strong mission on both to create a strong sense of community and common learning and moving forward," says Orman, who was also in the Broadway production of Wilson's *Fences*. "Both are amazing tapestries and I feel so honored and blessed to be a part of both."

And an update on his relationship with the new *Sesame Street*?

"It's still a work in progress," he says. "We're moving forward with the people at HBO. It's still to be resolved, but I'm very optimistic."

▼ JUDY, JUDY, JUDY

Growing up, Ruby Rakos, 20, didn't know much about Judy Garland other than *The Wizard of Oz*. She can't say that now, playing the young pre-Garland Frances Gumm (the star's given name) in the new musical *Chasing Rainbows*, now playing at Goodspeed Opera House in East Haddam through Nov. 27.

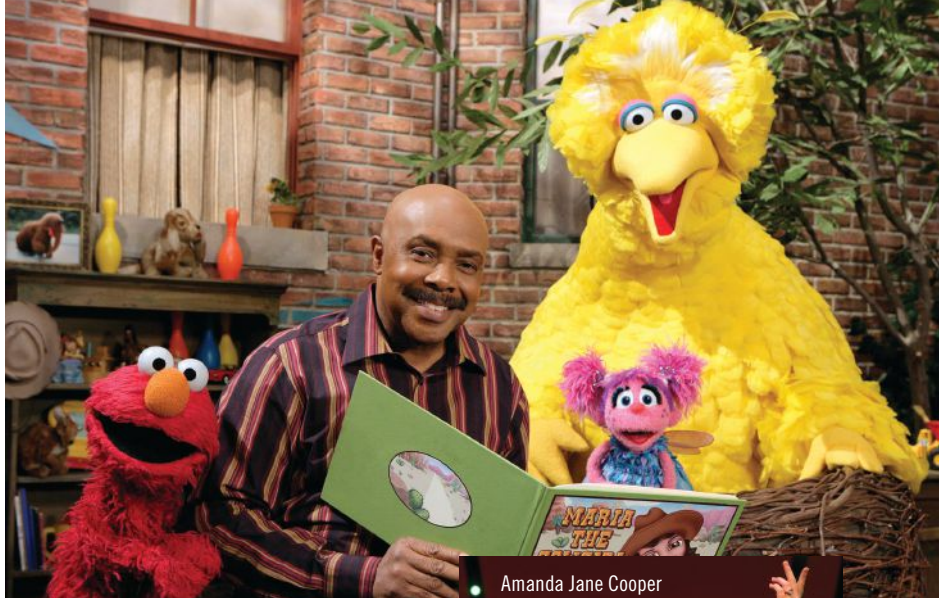
She says she especially identifies with Judy's awkward age.

"She was an 'in-between' because she was too old to be Shirley Temple but too young to be Lana Turner," Ruby told me between shows. "I felt the same way after I left [the Broadway musical] *Billy Elliot*. I was too old to be in *Matilda* and *Annie* but too young for anything else. I spent several years trying to find myself. I still am."

She also identifies with the all-consuming show-biz life. But she says it's what she always wanted. "What do you do when your 2-year-old tells you exactly what you want to do?" she says. "It's your responsibility to support them, and my parents did just that."



Ruby Rakos as Judy Garland in *Chasing Rainbows* at The Goodspeed.
PHOTO BY DIANE SOBOLEWSKI



Roscoe Orman as Gordon Robinson on the set of *Sesame Street* in 2008. PHOTO BY RICHARD TERMINE

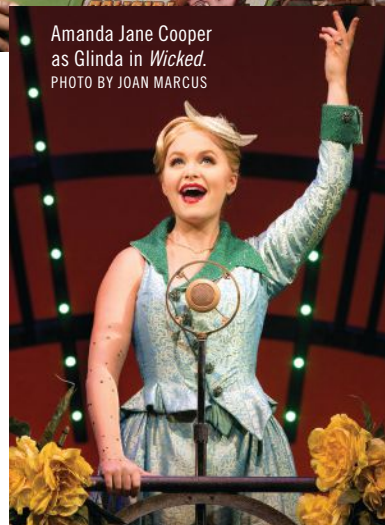
► WHICH WITCH?

When Amanda Jane Cooper was a young teen in Valley Forge, Pennsylvania, she was definitely a "Glinda," that oh-so-popular witch from the evergreen musical *Wicked*. "I was a real social butterfly, full of school spirit and all of that."

Now she is Glinda, in the tour of the show that will bring her to the Toyota Oakdale Theatre in Wallingford Nov. 30 to Dec. 11. (Cooper also played the role when the tour stopped at Hartford's Bushnell in 2011.)

But before her Glinda teen years, "I was painfully shy before I was 10." But a role in a school play changed all that. "Something came alive in me and I unfolded into the person I am today."

Was she ever a witch on Halloween?



Amanda Jane Cooper as Glinda in *Wicked*.
PHOTO BY JOAN MARCUS

"Way too scary," she laughs. "I couldn't even get through [the Disney film] *Hocus Pocus*. I was a princess with a pink dress, crown and wand. You've got to have that wand — and sparkle."

CONNECTICUT CONNECTIONS

• Hugh Jackman will star as P.T. Barnum in the newly titled, original-movie musical *The Greatest Showman*, along with Zac Efron, Michelle Williams, Zendaya and Rebecca Ferguson, scheduled for release at the end of 2017. Kathy Maher, executive director and curator of Bridgeport's P.T. Barnum Museum, tells me she hopes the film will generate more interest at her digs.

• In just a few short years, the Windham-Campbell Prizes — which Yale administers to nine recipients — has quickly become a leading literary award. But next year there will be some changes. The good news is poetry will be added to the categories of drama, fiction and nonfiction. But instead of three recipients in each of the three categories this year, there will just be two in each of the four categories, totaling eight lucky writers. But each prize will increase from \$150,000 to \$175,000, which makes the

writing life just a little less difficult.

• While most of the leading principals of Hartford Stage's musical *Anastasia* will remain intact as the production moves to Broadway in the spring, there will be a new actor playing the role of Gleb. Ramin Karimloo, who made a matinee-idol impact in the Broadway revival of *Les Misérables*, will join the cast.

• Tony nominee Jennifer Simard (*Disaster!*) will star as Cindy Lou Who in the premiere of Matthew Lombardo's *Who's Holiday*, a comedy in couplets now playing at Off-Broadway's New World Stages. The piece began as one of the short plays that made up *Christmas on the Rocks* at Hartford's TheaterWorks. Carl Andress directs the new expanded version.

Frank Rizzo has covered the arts-entertainment scene in Connecticut since the '70s, including 33 years writing for The Hartford Courant. Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.



Thinking of Cutting the Cord? Knowledge is Power

For real-life consumer agony and outrage, it's hard to beat a cable-television installation gone bad.

In this abridged testimonial, we'll introduce Kathi Liberman of Rocky Hill as the dutiful daughter who sought to save money by consolidating television, internet, phone and home security alarm service for her parents — Leo, 93, and Lillian, 92, of New Haven — with a single provider, Comcast.

That was in July. More than two months later, after complaints to the state attorney general's office, Department of Public Utilities, the Better Business Bureau and, finally, this magazine, she was still talking to Comcast.

"This is, honest to God," she says, "the worst thing I have ever dealt with. It was an absolute debacle from the first step."

To capsulize the saga, Liberman says she:

- Paid \$200 for a router-modem approved by Comcast that proved incompatible.
- Filled a misguided hole drilled by a company technician into the wrong part of the house.
- Endured several failed installation attempts that, at least once, left her elderly parents without landline, internet and home security.
- Paid for an alarm company to make the five-minute fix when Comcast technicians could not reconnect the home security.
- Spent hours on the phone with Comcast representatives.
- Took time off from work, more than once, to travel to her parents' house for the on-again, off-again installment appointments.

The CONNsumer now spares the reader further cable trauma by fast-forwarding through three months of Kathi Liberman's exchanges with Comcast. Note that the New Haven Libermans remain Comcast customers after receiving several credits, including the cost of a router-modem rental and phone service for a year.

"First and foremost, we're sorry for the experience this customer had with us," says Kristen Roberts, a Comcast Western New England Region vice president. "I can't give out too much detail due to customer privacy, though I can tell you the issue was resolved

to the customer's satisfaction and we did provide a credit for their inconveniences."

So what happens when you're ready, maybe, to switch service providers? The CONNsumer can't stop an errant drill hole, but he can offer counsel on getting what you want at the price you want.

Cable needs you more than you need cable. Remember that. The cable industry is not the authoritarian regime of decades past: More than 800,000 people dumped cable, satellite or telecom TV service this year in the second quarter alone, according to the research firm SNL Kagan — the industry's biggest quarterly loss.

It's not just cable vs. satellite anymore. The Libermans should know. They wanted to leave one cable provider for another.

Here's how to do it:

1. Know what you want. What channels or services can you not live without? Here's the reality: You can get almost anything except regional sports channels without either cable or satellite service.

Leo Liberman, like The CONNsumer, needs NESN for a yearly dose of the Boston Red Sox (and Bruins). Cable to subscriber: Gotcha.

2. Know what's out there. With an internet connection, anything's possible. Netflix, Amazon Prime (a video service throw-in with the online retailer's \$99 free-shipping plan) and Hulu are standard streaming-video sources available through a smart TV or the appropriate device that connects to your HDTV, like the Roku 4, Apple TV, Amazon Fire Stick or Google Chromecast.

For cable-like television programming, try Sling TV (sling.com) with no-contract packages that start at \$20 — that monthly price includes AMC, CNN, Disney, ESPN, HGTV, TBS and TNT among its 25-plus channels available. A 40-channel package costs \$25 and an all-channel package \$40. A separate 18-channel sports package costs an additional \$10.

PlayStation Vue (playstation.com/en-us/network/vue/) has similar no-contract packages that start at \$29.98 a month for 55-plus channels. Vue no longer



INGRAM PUBLISHING/THINKSTOCK

requires a PlayStation gaming console: It's available on Chromecast, Amazon Fire TV devices, iPads and iPhones.

Don't be an extremist. Cord-cutters, the millions who have dropped cable, were rated least satisfied in the J.D. Power Streaming Video Satisfaction Study. Most satisfied were those who combined cable with streaming services (the cord stackers) and those who welcomed cable's new lower-cost "skinny bundles."

3. Call the local cable competitor or a satellite provider. Tell it what you want, exactly (see No. 2). Let's say basic cable, phone and internet.

- What's your best deal?
- How long does it last?
- After the promotion expires, what will it cost?
- If there's a contract, how long does it last?
- Any early-termination fees?

So now you have one provider's best deal. Don't commit yet.

4. It's time to negotiate.

If you want cable or satellite service, call your current provider. Say you're dissatisfied and you just received an offer from another provider. Can you, dear cable company rep, match it?

If not, say you're gone.

Comcast, perhaps better than most providers, has responded to consumers' lower-cost, less-is-more urgings. After already offering a \$15 online skinny bundle and a one-year, \$60-a-month cable TV/internet/phone bundle, Comcast recently added Netflix access to its voice-searchable Xfinity X1 service. To help retain

subscribers, it's also planning a wireless service next year that combines Wi-Fi and leased airwaves from Verizon.

But it almost lost Kathi Liberman and her parents. Remember them, and your powers of negotiation and choice, the next time you want to switch providers.

Send your consumer complaints, concerns and tips to CONNsumer@connecticutmag.com.



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THE SKI FAMILY CLOSET



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- * Patagonia Powder Bowl Pant in ashtan \$299
- * Patagonia R1 Pullover in navy blue \$129
- * Rossignol Pursuit 800 skis \$1,100
- * K2 BFC 100 boots in red/black \$550
- * Smith Vantage MIPS helmet in matte gunmetal \$270
- * Oakley Flight Deck Henrik Harlaut Signature goggles in prizm torch \$210
- * Swany X-Cell II glove in black \$135



SKI MOM

- * Bogner Lela-D jacket in signal red \$700
- * Bogner Stina Pant in blue denim/antique white \$600
- * Bogner Alexia Top in white \$180
- * Atomic Vantage X skis \$600
- * Nordica GPX 85W boots in blue/white \$499
- * Poc Fornix helmet in grey \$165
- * Smith I/O goggles in midnight brighton \$180
- * Black Diamond Ruby glove in black \$89.95



SNOWBOARDER BOY

- * North Face Brayden Insulated Jacket in terrarium green \$150
- * North Face Snowquest Suspenders pants in TNF medium grey heather \$110
- * Libtech Travis Ripper board \$429.95
- * Burton Ruler boots in gray/burgundy \$239.95
- * Poc POCito Light helmet in fluorescent orange \$160
- * Smith Daredevil DTG goggles in olive haze \$35
- * North Face Youth Revelstoke Etip Glove in black \$40

SNOWBOARDER GIRL

- * Obermeyer Dyna jacket in white \$179.50
- * Obermeyer Jessi pant in chevron floral \$129.50
- * Burton Chicklet board \$189.95
- * Burton Zipline Boa Youth 7K boots in white/gray \$139.95
- * Giro Crue MIPS helmet in turquoise/magenta \$75
- * Anon Tracker goggles in ricky \$54.95
- * Obermeyer Cornice glove in light heather \$45

SKI TYKE

- * Spyder Bitsy Glam jacket in tacey freeze print-iris \$120
- * Spyder Bitsy Sweetart pant in freeze-freeze \$110
- * K2 Luv Bug skis \$300
- * Nordica Little Belle 2 in white/purple (tike size rental boots from our new rental fleet only)
- * Giro Launch helmet in pink notebook \$60
- * Smith Gambler goggles in white fairytale \$35
- * Spyder Bitsy Cubby Ski Mitten in freeze \$35

HOW TO GEAR UP by the Outdoor Sports Center in Wilton

MIPS is a multi-directional impact protection system. Between the helmet and your head there is a low-friction liner that helps reduce rotational energy to the brain in an angle impact. More simply, by having the MIPS layer in the helmet, there is less chance of a concussion. Outdoor Sports Center feels very strongly that this is one of the largest improvements in helmet technology over the last number of years and is important to consumers. Our current helmets are now 85 percent MIPS equipped, and by next year will be 100 percent.

BOOT FITTING

Here at OSC, we are passionate about skiing, and the equipment you use. The most important piece of equipment is ski boots. They can make or break your experience on snow. When we do a boot fit, we don't just ask your shoe size. Boots come in a wide variety of shapes, called lasts, and levels of performance. We will ask a lot of questions about your skiing, your level of physical fitness, how aggressive you are on snow and whether comfort or performance is more important. We measure your feet both weighted and unweighted, talk about pronation and supination, the correct type of sock to use (yes, it makes a difference). We look at how wide your achilles tendon is, the width of your heel, volume of your instep, width of your forefoot — and all this is done before we even get to the actual boot. We are so confident in how we fit, we offer a 100 percent boot-fit guarantee. If you have a problem, we will fix it. If one or two attempts to make it right fail, we will take the boots back, even after you have skied in them.

SKI AND SNOWBOARD SIZING

Size really comes down to a few factors. One is weight. There has to be enough ski or board underneath you to hold you in a turn. If you have experienced a ski or board constantly skidding out from underneath you, there is probably not enough length or stiffness to hold you in a turn. We find out how often you ski, how fast you like to go, do you stay on trails, like to go off trails, get in to the bumps, stay on the flats; all of these factors combine to give us a general idea of the size you should be on. It won't be the same for everyone.

Steven Leake, Ski Shop Buyer, Outdoor Sports Center

GOGGLES

When we get you fitted for goggles, the size of your goggles will in part depend on whether you wear a helmet while skiing, so if you do, it's imperative that you bring the helmet with you for the fitting. And we highly recommend that everyone wears a helmet no matter what.

Where you ski has a lot to do with the goggles you should get. For example, in the Northeast there is a lot of tree cover on ski trails, and for that you'll need a lens that lets in more light and helps with definition so that you can see the terrain better. If you ski out West most of the time, you're usually skiing in bowls and above the tree line where the sun is much brighter, and you'll need a lens that blocks some of that brightness. Some goggles come with two lenses, one for low light and one for bright light. When we do a goggle fitting we make sure the goggles fit properly on your face (the frame's edges shouldn't be too close to your eyes and the bridge of your nose shouldn't be pushed down upon) so that you don't have to worry about any discomfort on the slopes.

Prudence Kelley, Goggle Buyer, Outdoor Sports Center

BASE LAYERS

It's important that the layer of clothing that sits against your skin is made of a fabric that will pull moisture away from the skin. Wool is a great natural fiber which breaths very well, wicks moisture away from the skin, and helps regulate your temperature. Another option is synthetic fibers, which pull moisture away from your skin and dry very fast.

Cotton, on the other hand, will actually hold moisture against your skin and cool you off. If you work hard and sweat while skiing you will end up getting very cold.

Kate Tarr, Clothing Buyer, Outdoor Sports Center



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INTRODUCING Dr. Richard Carpenos, DC

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TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible **Deep-Tissue Laser Therapy**."

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Founded in 1863, Hospital for Special Surgery is the nation's oldest orthopedic hospital. HSS is nationally ranked #1 in orthopedics and #2 in rheumatology by U.S. News & World Report (2016-2017).

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Located right off I-95 within the Chelsea Piers Connecticut Sports Complex, this newly-constructed 18,000 square-foot facility offers a comprehensive level of orthopedic and sports medicine services and rehabilitation treatments and programs.

WHAT CAN YOU FIND? The HSS Stamford Outpatient Center provides a comfortable setting whether you are undergoing a diagnostic exam, visiting for a pre- or post-operative appointment or receiving care for ongoing treatment needs. At this location, we offer MRI, digital x-rays and electromyography (EMG) and also have a Special Procedures Unit (SPU) with easy access to pain management procedures in an ambulatory setting.

HSS Sports Rehab is conveniently located next to the HSS Stamford Outpatient Center and offers a wide range of physical and occupational therapy services for both adults and children. Education is also paramount here. Our Stamford specialists present regular educational seminars on musculoskeletal health, injury prevention, arthritis and more.

MEET THE TEAM We have over 20 physicians and surgeons in Stamford. Meet the newest members of our team:

- Peter Fabricant, MD is a pediatric orthopedic surgeon who specializes in sports medicine and trauma surgery of the knee, hip, shoulder, elbow and ankle in children and adolescents. He understands the physical and emotional complexities of injuries in youth athletes and has dedicated himself to returning his patients back to their sports as quickly and safely as possible.



Peter Fabricant, MD



Stephen Massimi, MD



Alexander McLawhorn, MD, MBA

- Stephen Massimi, MD is a physiatrist who specializes in the non-surgical treatment of spine, hip and general musculoskeletal conditions. He is board-certified in both Physical Medicine and Rehabilitation and in Sports Medicine.
- Alexander McLawhorn, MD, MBA, is an orthopedic surgeon who specializes in adult reconstruction of the hip and knee. He has helped positively influence the way that joint replacements are provided through government-regulated insurance as Health Policy Fellow for the American Association of Hip and Knee Surgeons (AAHKS).



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New Technology at Middlesex Hospital Advances Cardiac and Vascular Care

Middlesex Hospital opened a new **Diagnostic and Interventional Suite** at its main location in Middletown in September. The Suite is a “hybrid” mix of state-of-the-art equipment to perform delicate cardiac catheterizations, and a variety of vascular imaging and interventional radiology procedures.

The new Suite was integrated into the Hospital’s existing cardiac catheterization laboratory, which opened in July of 2002. Diagnostic cardiac catheterization is the “gold standard” procedure for the diagnosis of coronary artery disease. The new Diagnostic and Interventional Suite will combine the Hospital’s capabilities, using new technology, to diagnose and treat disease in various types of blood vessels, in a singular location.

Of particular note will be the addition, as part of the new suite, of Intravascular Ultrasound (IVUS) technology. Intravascular ultrasound is a test that uses sound waves to see inside blood vessels. It involves a tiny ultrasound wand placed on the top of a catheter that enables physicians to view images from inside blood vessels in real time, to identify blockages and ruptures. IVUS images show the artery walls and can reveal cholesterol and fat deposits (plaques). Buildup of these deposits can increase the risk of a heart attack or stroke.

IVUS has many clinical advantages, including reduced exposure to radiation; reduced use of contrast agents; superior placement of stents to keep blocked vessels open or to repair damaged vessels.

During the ribbon-cutting ceremony for the new suite, Middlesex Hospital President and CEO, Vincent G. Capece, Jr. told those gathered, “I am proud to say that Middlesex Hospital has a longstanding tradition of investing in the latest technology to improve patient care.”

“What you will see today is a fine example of that technology. The new Diagnostic and Interventional Suite is the direct result of the collaboration, hard work and guidance of many individuals here at the Hospital, who are dedicated to providing the safest, highest-quality health care, and best experience possible for our patients.”

Middlesex Hospital, in Middletown, CT, is a 275-bed acute care hospital and part of the Middlesex Health System, an independent, not-for-profit, community-based health network of inpatient, outpatient, diagnostic, emergency and rehabilitation facilities. Middlesex Hospital is also a member of the Mayo Clinic Care Network. The Mayo Clinic Care Network extends Mayo Clinic’s knowledge and expertise to Middlesex Hospital physicians and health care providers as they consider the best interests of their patients. Through this collaboration, Middlesex Hospital providers have access to unique services from Mayo Clinic to help care for their patients right here, close to home.

For more information about Middlesex Hospital, go to www.middlesexhospital.org.

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Middlesex Hospital Is CT's First Mayo Clinic Care Network Member

At Middlesex Hospital, we're excited to join the prestigious Mayo Clinic Care Network, an innovative health care network that connects our experts to the world's top specialists at Mayo Clinic. Now, we can work together like never before—collaborating on your behalf, sharing the latest lifesaving research and joining forces to resolve the most complex cases. So you get the peace of mind that comes with knowing the most advanced medical knowledge in the world is available right here in Middletown, Connecticut. It's all part of your experience at Middlesex Hospital—*The Smarter Choice for Care*.

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Looking beyond the body. And beyond the lab.

UConn Health physicians and researchers collaborated to develop a synthetic, bioresorbable ACL that can be derived from renewable sources, such as cornstarch, offering a new solution for the 200,000 American patients who suffer from ACL tears each year.

UConn recently revealed its plan to regenerate a human knee within seven years and an entire limb in 15. The HEAL Project — Hartford Engineering A Limb — is an international grand research challenge, and was the brainchild of Dr. Cato T. Laurencin.

On the heels of UConn announcing The HEAL Project, Laurencin learned that he'd be honored by several prestigious organizations and even the president of the United States.

Laurencin is a leading surgeon-scientist in orthopaedic surgery, engineering, and materials science, and a pioneer in the field of regenerative engineering.

The project is supported by Laurencin's recent \$4 million Pioneer Award from the National Institutes of Health, as well as his grant award from the National Science Foundation for Emerging Frontiers in Research and Innovation. Important support also comes from The Raymond and Beverly Sackler Center for Biomedical, Biological, Physical and Engineering Sciences at UConn Health, which Laurencin founded and directs.

"The launch of the HEAL Project is a transformative moment for science and medicine," said Laurencin in November. "This is the first international effort ever for knee and limb engineering."

In early December, it was announced that Laurencin would receive the 2016 Founders Award, the highest honor from The Society of Biomaterials. He was honored for his landmark and long-term contributions to the field of biomaterials science at the 2016 World Biomaterials Congress in Montreal, Canada in May. At that same meeting, the Society for Biomaterials introduced the Cato T. Laurencin,



An expert in shoulder and knee surgery, Dr. Cato Laurencin has been named to America's Top Doctors and America's Top Surgeons. His research involves tissue engineering, biomaterials science, nanotechnology, and stem cell science, as well as a new field he terms regenerative engineering.

MD, Ph.D. Travel Fellowship, an endowed fellowship named in Laurencin's honor.

A few weeks later, the White House said Laurencin would receive a National Medal of Technology and Innovation, the nation's highest honor for technological achievement that is bestowed by the president on America's leading innovators. This was the third time Laurencin received White House honors.

"I am honored to be receiving the highest award in our nation for innovative technological achievement and scientific excellence from our great country," said Laurencin. "Receiving the Medal of Technology and Innovation is a tribute to the hard work that has taken place by our great team over the past 25 years. It inspires me to keep working hard to advance science breakthroughs in regenerative engineering for future therapies for my patients."

And in the same month, Laurencin was named a foreign member of the Chinese Academy of Engineering. An election for life, Laurencin carries the title of Academician in China.

Laurencin is the eighth professor in UConn history to earn the highest faculty title, University Professor. He is also the Albert and Wilda Van Dusen Distinguished Professor of Orthopaedic Surgery at UConn Health, and the founder of the Institute for Regenerative Engineering. Laurencin is an elected member of the National Academy of Medicine and the National Academy of Engineering.

"The launch of the HEAL Project is a transformative moment for science and medicine. This is the first international effort ever for knee and limb engineering."

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LET'S MEET AT THE *Bistro*

Seabury is excited to unveil our beautiful new bistro.

The chef-created menu – featuring à la carte choices, gluten-free and vegetarian options, made-to-order specialties, homemade desserts and pizza fresh from the oven – has been designed to cater to our residents' eclectic tastes. The panoramic mountain view, floor-to-ceiling windows and dual fireplace create a cozy environment for residents to enjoy a leisurely lunch, entertain family and visitors or relax with the paper and a cup of coffee.

Construction is underway on the next two phases of Seabury's expansion, including 68 new independent living residences scheduled to open in the Fall of 2017. We are now accepting applications for residence from adults 50 and over.

Learn more about how to reserve your future home at our monthly informational sessions on every 1st Thursday at 1:30pm and every 3rd Wednesday at 10:30am. Call (860) 243-6081 or (860) 243-4033 for reservations or e-mail info@seaburylife.org.



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INNOVATIONS IN HEALTHCARE

SPECIAL ADVERTISING SECTION

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..... *Place*

Seabury is an active life plan community located on 66 acres of beautiful countryside in Bloomfield, Connecticut. They have been preparing for the next generation with some exciting developments. They have teamed with the country's top senior living firms on a major construction project – including 68 new independent living residences, an expansion of Seabury's first-rate health care services and several new features and amenities.

Phase A of the project has recently been completed, featuring a complete re-design of the main lobby and the addition of a new creative arts studio, a salon/spa and a beautiful new bistro.

In addition, Seabury residents now have the protection and security of full campus generation, in the event of a power or weather emergency.

With Phase A finished, the repositioning project is moving full-speed ahead into Phase B, featuring four unique styles of one- and two-bedroom Independent Living residences in Seabury's South Wing. Each residence will offer scenic views and vistas in all directions and the flexibility to be customized to residents' personal taste. The expected completion and move-in date for this project is in the fall of 2017.

As part of their environmental sustainability efforts, Seabury recently became the first privately-owned Life Plan community for adults in the United States to receive a Green Globes designation. The designation is a result of Seabury's commitment employing sustainable building practices with minimal ecological impact, including energy performance and reduction in water consumption.

Other exciting developments up ahead include an expansive chapel/auditorium and open meeting spaces for college-level courses provided by the Adult Learning Program.

Seabury's age requirement is 50, one of the lowest in the country. They encourage prospects to consider the transition while they are still young and healthy enough to qualify for Life Care and fully experience all that life at Seabury has to offer.

Call (860) 243-6018 to reserve your spot at an upcoming information session.

Duncaster...Where healthy living is built-in

We've all heard it: "If you have your health, you have everything." The Duncaster community, located in Bloomfield, CT, helps residents have "everything" through a variety of high-quality living options, amenities and activities that support a healthy lifestyle.

"Along with customizable apartment homes, the focus is on delivering wide-ranging services and amenities, wellness programs and outstanding health care for every stage in life," says Carol Ann McCormick, Vice President – Sales and Marketing at Duncaster. "Whether it's independent living, assisted living, memory care, or rehabilitation – Duncaster meets a wide range of desires."

Residents enjoy the benefits of the Aquatic and Fitness Center that includes a heated pool and a therapy spa pool. Group classes like yoga, water aerobics and cardio classes are also available.

For short-term rehabilitation, Duncaster's rehab center is a welcoming place for inpatient or outpatient services.

INNOVATIONS IN HEALTHCARE SPECIAL ADVERTISING SECTION



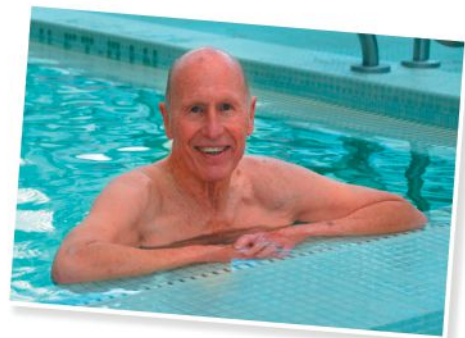
Part of the health care focus includes on-site, board-certified geriatricians and gerontological advanced practice registered nurses affiliated with Hartford Hospital. "We provide the finest living experience for a diverse and evolving community where residents can focus on enjoying a healthy life," says McCormick.

To learn more, please call Carol Ann McCormick at 860-380-5005.

Live Well.

For senior adults who seek a healthy lifestyle, the Duncaster community has it all. Choose from our beautiful selection of apartment home options, designed to suit your taste and style. You'll enjoy a wide range of services and amenities—including the Aquatic and Fitness Center, wellness programs and outstanding health care for every stage of life.

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- Short-Term Rehabilitation



Get into the swim of things at the Aquatic and Fitness Center.

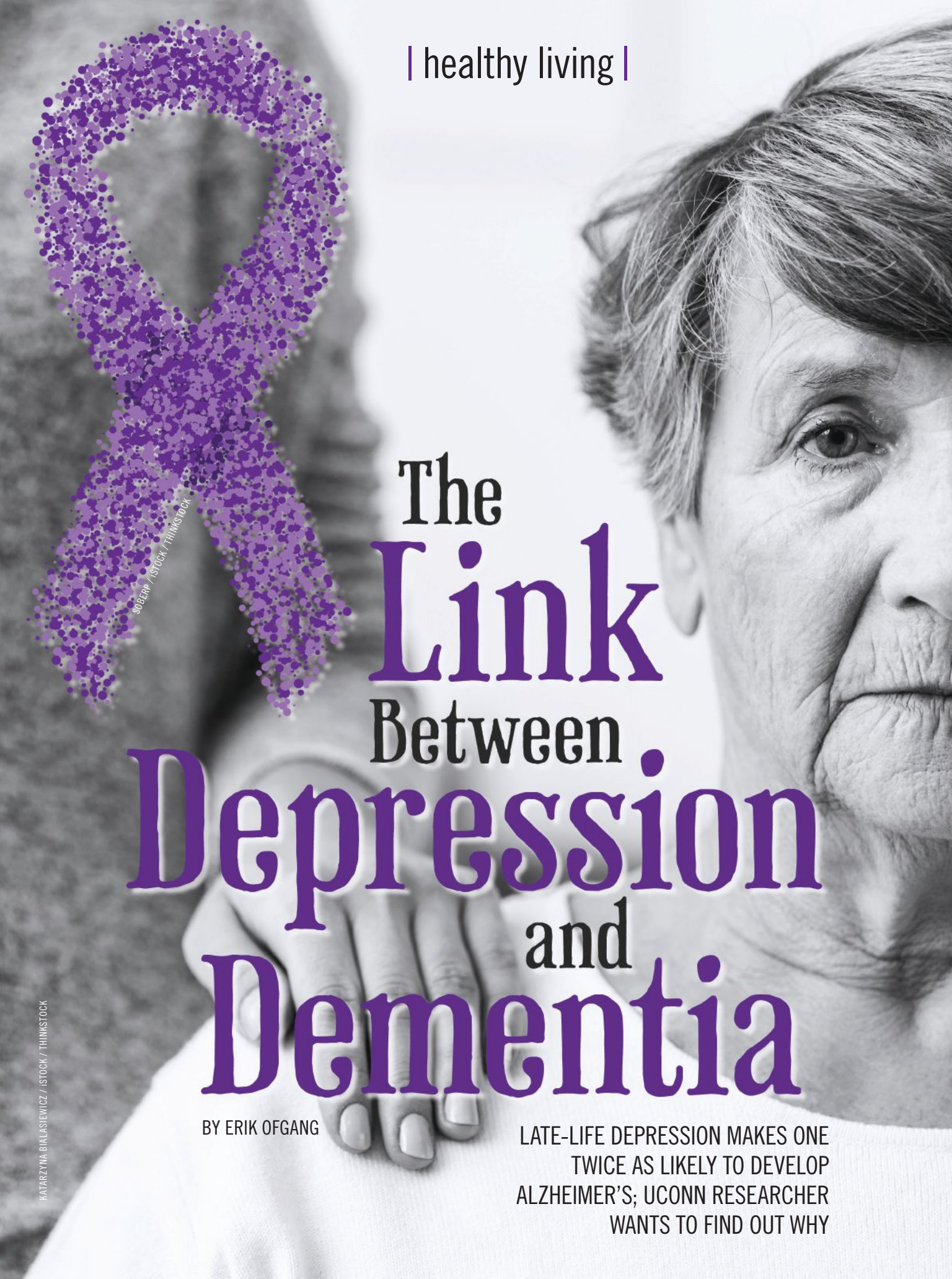
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The Link Between Depression and Dementia

BY ERIK OFGANG

LATE-LIFE DEPRESSION MAKES ONE
TWICE AS LIKELY TO DEVELOP
ALZHEIMER'S; UCONN RESEARCHER
WANTS TO FIND OUT WHY

Maureen had changed. The things she once enjoyed doing no longer brought her happiness. She didn't want to go out and stopped participating in events at the local senior center. It was only with an effort that she saw family and friends.

"There was no joy in life. I felt the Grinch had stolen Christmas," says Maureen, who lives in Hartford County and asked that her last name and place of residence not be included in this story because she is participating in an ongoing study.

There were reasons Maureen, now 82, was depressed. Seven years ago her husband was diagnosed with Alzheimer's disease, four years ago a grandson of hers died in a car crash, then one of Maureen's grown children died of a terminal disease. Her husband's condition deteriorated and he died two years ago.

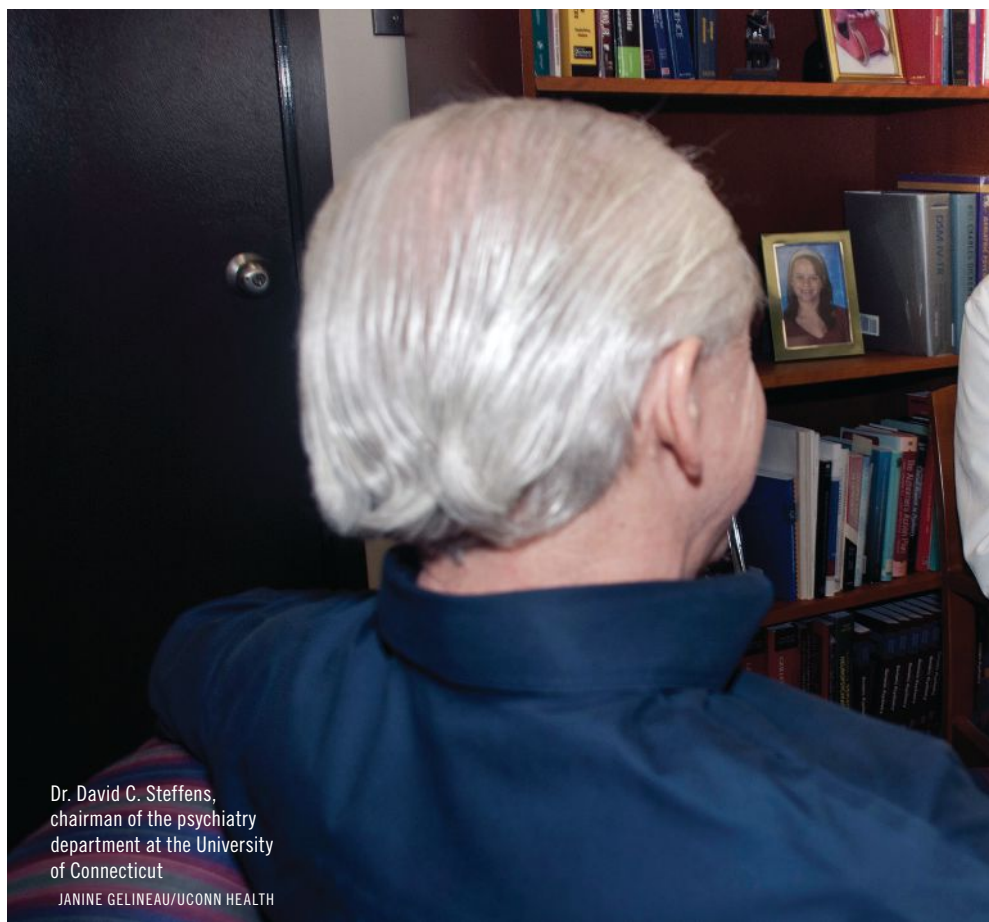
In the midst of these family tragedies, Maureen decided to participate in a depression-related study at UConn Health in Farmington. Maureen is one of about 140 participants in Connecticut. As part of the study, Maureen is treated for her depression, and her cognitive state and overall health are monitored.

Those, like Maureen, who develop depression late in life are at significantly higher risk for several conditions, including Alzheimer's disease, the most common form of dementia. Those who receive a depression diagnosis at age 60 and over are at increased risk of experiencing vascular events, such as a stroke, and roughly twice as likely to develop Alzheimer's disease. (Preliminary studies have also shown that about 18 percent of those over 60 who meet the criteria for major depression develop Alzheimer's disease.)

The study in which Maureen is participating is headed by Dr. David C. Steffens, chairman of the psychiatry department at the University of Connecticut. The study is a continuation of his ongoing efforts to learn more about the link between depression and Alzheimer's, and depression and other adverse occurrences in the brain.

"There's something about the nature of depression and the presence of depression during midlife and later life that increases risks," Steffens says. In September, Steffens received a five-year, \$1.9 million research grant from the National Institute of Mental Health to continue the studies. The grant has been awarded in collaboration with researchers at the Duke University School of Medicine, where Steffens worked for more than 20 years before joining the faculty at UConn in 2012.

With funding from the grant, Steffens will continue to study Maureen and the other Connecticut subjects, as



Dr. David C. Steffens,
chairman of the psychiatry
department at the University
of Connecticut

JANINE GELINEAU/UConn HEALTH

well as a separate cohort of more than 750 participants that Steffens began working with at Duke. In this phase of the research, Steffens hopes to "be able to more definitively say what the risk of [Alzheimer's from] depression is and characterize which people who have depression may be at higher risk." For instance, Steffens suspects those who have depression as well as some kind of memory problem are at a greater risk of developing Alzheimer's. Brain imaging will be part of the study, and Steffens and his team will look for activity that could be an early indicator of an Alzheimer's risk.

Ultimately, Steffens hopes his research will help medical professionals recognize the risk of Alzheimer's earlier in the disease, which will allow people to engage in preventive treatments if more effective Alzheimer's medications are developed in the future.

ALZHEIMER'S CAUSES AND LINKS TO DEPRESSION

November is Alzheimer's Disease Awareness Month, and though most are familiar in general terms with the condition, it is hard to fully grasp the staggering toll it takes on society. According to the Alzheimer's Association, more than 5 million Americans are living with Alzheimer's, one in three seniors die with the condition or another form of dementia, and it is the sixth-leading cause

of death in the United States, killing more people annually than breast cancer and prostate cancer combined.

The causes of Alzheimer's are not clear, but it is believed most people develop the condition due to a combination of factors including genetics, the environment and lifestyle. The disease attacks and kills brain cells involved in memory. The brain has about 100 billion nerve cells or neurons. Each neuron connects with many others cells to form intricate networks of communication involved in various tasks such as seeing and hearing, or thinking and remembering.

As they age, most people develop structures in their brain called plaques and tangles. Plaques are deposits of a protein fragment called beta-amyloid that build up in the spaces between nerve cells. Tangles are twisted fragments of another protein called tau that build up inside of cells. In those with Alzheimer's, the amounts of plaques and tangles present in the brain are much higher than in those without the condition. The plaques and tangles also tend to develop in areas important for memory before spreading. It is not clear exactly how, but these plaques and tangles seem to disrupt neurological networks, interfering with communication channels that neurons need to survive,



causing a chain reaction. As the Alzheimer's Association states, "breakdowns in one system cause problems in other areas. As damage spreads, cells lose their ability to do their jobs and eventually die, causing irreversible changes in the brain."

As the disease progresses, the cortex of the brain shrivels up, damaging areas involved in thinking, planning and remembering. This shrinkage is particularly severe in the hippocampus, the area of the cortex responsible for the development of new knowledge.

Depression's exact role in this process is not known, but it is linked to higher levels of cortisol, also known as the "stress hormone." High levels of cortisol have been shown to have negative effects on the hippocampus.

"We've done brain imaging in people with and without depression and have found that those with depression had a smaller hippocampus to begin with. They tend to have more of a decrease in hippocampus size over time, and that might be related to why they then have an increased risk of Alzheimer's disease," Steffens says.

Another link between Alzheimer's disease and depression is based on the connection between depression and brain vascular disease (disease that affects the blood vessels in the

circulatory system). Brain vascular disease and Alzheimer's appear to be linked, and Steffens and other researchers have drawn a similar connection between depression and vascular events in the brain. "We know that people who have strokes have a higher risk of depression and what we have found is that people with late-life depression have many more silent strokes, and experience changes in the brain that clearly look vascular," Steffens says. "If you get enough of these [vascular events], they hit parts of the brain that affect your cognition."

But in the case of both increased cortisol and vascular events, it is unclear whether depression is a precipitating factor or merely a symptom of the condition that will eventually become Alzheimer's disease. Steffens and researchers at other institutions are still trying to answer that question.

"We think that for some people [with depression] there is an Alzheimer's process going on," Steffens says. "The plaques and tangles are developing, and for some people, instead of having its first manifestation as a memory problem, it may be changes in mood and interest."

He adds, "We do certainly see people that have depression and then in pretty short order we start seeing memory problems."

TREATING DEPRESSION AND ALZHEIMER'S

After Maureen started receiving treatment at UConn Health in Farmington, her mood began improving. "It was very helpful because I could talk to them and explain how I was feeling at that time," she recalls. "I couldn't talk to my husband and I couldn't really talk to my children because they were going through their own stages of grief losing their nephew and their sister."

With a combination of talk therapy and drug treatment, Maureen started to become her old self again. She would go out with friends and was also able to find the humor in some of the situations she found herself in because of her husband's illness. Once while attending Mass with her family, Maureen's husband, not understanding the situation, took the Communion cup of wine from the priest and drank it all. "I said, 'Why did you do that?' He said, 'I was thirsty.' I thought, 'Oh, God bless him.' He didn't know what he was doing, but I'm sure it tasted good, too."

Treatment for depression has many well-documented benefits, but it may do little to delay the onset of Alzheimer's.

"I am a hopeful guy by nature, but my experience has been that even with aggressive treatment — particularly if people have some degree of memory problems in the context of their depression — they are at risk for at least persistent

Diagnosing Alzheimer's disease

What you need to know

What should I do if I'm worried about memory loss or possible Alzheimer's?

If you are concerned about changes in memory and thinking or in senses, behavior, mood or movement that do not seem normal in yourself or a family member, talk with a doctor. A doctor can administer a brief memory screening test, and can also do a complete exam to find out if a physical or mental health issue is causing the problem.

How is Alzheimer's disease diagnosed?

Doctors use several methods and tools to help determine whether a person who is having memory problems has "possible Alzheimer's disease" (dementia may be due to another cause), "probable Alzheimer's disease" (no other cause for dementia can be found), or some other problem.

To diagnose Alzheimer's, doctors may:

- Ask the person and a family member or friend questions about overall health, past medical problems, ability to carry out daily activities and changes in behavior.
- Conduct tests of memory, problem solving, attention, counting and language.
- Carry out standard medical tests to identify other possible causes.
- Perform brain scans, such as computed tomography, magnetic resonance imaging, or positron emission tomography, to rule out other possible causes for symptoms.

These tests may be repeated to give doctors information about how the person's memory and other cognitive functions are changing over time. Tests can also help diagnose other causes of memory problems, such as mild cognitive impairment and vascular dementia. Alzheimer's disease can be definitively diagnosed only after death, by linking clinical measures with an examination of brain tissue in an autopsy.

What are options for further assessment and diagnosis?

If a primary care doctor suspects mild cognitive impairment or possible Alzheimer's, he or she may refer you to a specialist who can provide a detailed diagnosis, or you may decide to go to a specialist for further assessment. You can find specialists through memory clinics and centers or through local organizations or referral services. Specialists include:

- Geriatricians, who manage health care in older adults. They know how

"If we can get depression treated, then it may stave off some of the symptoms of Alzheimer's disease, and give people good quality of life for a few more years than they normally would have had."

— DR. DAVID C. STEFFENS,
chairman of the psychiatry department
at the University of Connecticut

the body changes and if symptoms indicate a serious problem.

- Geriatric psychiatrists, who specialize in the mental and emotional problems of older adults and can assess memory and thinking problems.
- Neurologists, who specialize in abnormalities of the brain and central nervous system and can conduct and review brain scans.
- Neuropsychologists, who conduct tests of memory and thinking.
- Memory clinics and centers, including Alzheimer's Disease Research Centers, offer teams of specialists who work together to diagnose the problem. Tests often are done at the clinic or center, which can speed up diagnosis.

You may also want to get a second opinion. Diagnosis of memory and thinking problems can be challenging. Subtle signs and symptoms may be overlooked or unclear. Getting a second opinion helps confirm the diagnosis. Most doctors understand the benefit of a second opinion and will share your records if you permit. A specialist can refer you to another doctor for a second opinion, or you may decide to find one yourself.

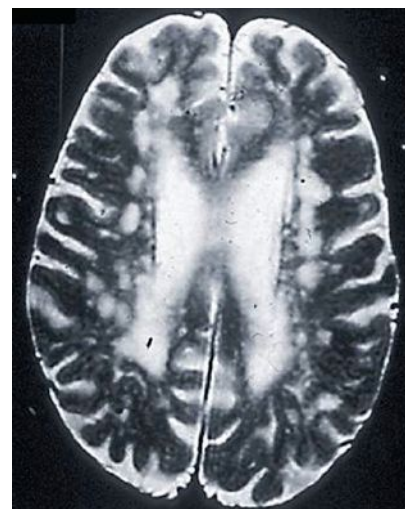
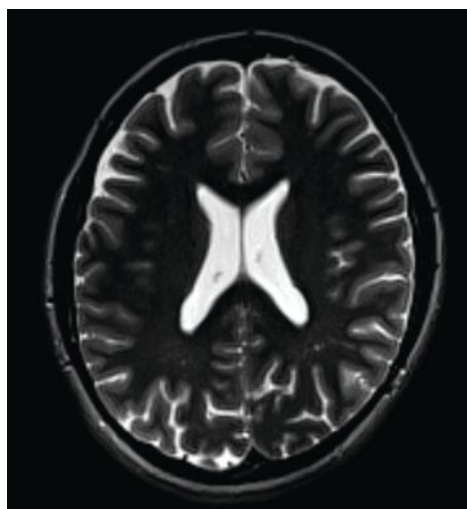
What are the benefits of early diagnosis?

Early, accurate diagnosis is beneficial for several reasons. Beginning treatment early in the disease process may help preserve daily functioning for some time, even though the underlying Alzheimer's process cannot be stopped or reversed.

Having an early diagnosis helps people with Alzheimer's and their families:

- Plan for the future
- Take care of financial/legal matters
- Address potential safety issues
- Learn about living arrangements
- Develop support networks

In addition, early diagnosis gives people greater opportunities to participate in clinical trials that are testing possible new treatments or other research studies.



At right, an MRI with vascular changes readily apparent in an older depressed patient. The buildup of white material is likely an accumulation of vascular disease, "small strokes," causing damage that can coalesce into larger areas over time, leading to depression and cognitive impairment. This scan is markedly different than the MRI, at left, of a brain scan of a healthy adult. COURTESY OF THE UNIVERSITY OF CONNECTICUT

memory problems, if not for some kind of dementia," Steffens says. "We might be able to treat the depression, but it's not clear we can put a big dent in Alzheimer's disease."

However, he adds just treating the depression can help tremendously for other reasons. "We know that depression itself is associated with cognitive impairment, slower speed of processing of information. It affects your ability to multitask. So if we can get depression treated, then it may stave off some of the symptoms of Alzheimer's disease, and give people good quality of life for a few more years than they normally would have had. I would like to think that treatment may help put off the manifestations of their dementia."

Steffens adds that it is important to treat depression above and beyond its connection to Alzheimer's. "The presence of depression, regardless of whether someone has cognitive problems, affects quality of life and impairs function. It also affects medical conditions. People who are depressed and diabetic don't take care of their diabetes as well. People who are depressed and have heart disease don't follow their exercise and dietary regimens as well. So we know that it's important to treat depression, and fortunately there are excellent treatments for depression."

George Kuchel, director of UConn's Center on Aging, agrees. "Alzheimer's is something that worries everybody. Everybody worries about the big A. Even people who are much too young to talk about Alzheimer's talk about it," he says. "The moment you forget something you think, 'Oh my God, it's the beginning of Alzheimer's.' The reality is there are many other conditions other than Alzheimer's that can also cause memory loss, including

depression. The reason those of us who are involved in the care of older adults look for depression so aggressively is because, first of all, it's incredibly common and, second of all, it's eminently treatable."

Steffens is optimistic that treatment for Alzheimer's will also become more effective.

"The drugs that we have on hand help temporarily treat symptoms of Alzheimer's disease, but they don't treat the underlying pathology in the brain," he says. "But there are hopeful and promising avenues of research that will lead us to more disease-altering types of treatments."

If these new treatments are developed, he believes his research will have very practical applications. "Through my study and through others, if we're able to develop an algorithm that says, OK, you have depression and these other characteristics along with your depression, if you have this certain profile, you're at an extremely high risk to develop full manifestations of Alzheimer's disease and, in fact, you might have an Alzheimer's process going on even now. Those folks may be targeted with medications that will help prevent the onset of dementia altogether."

In the meantime, the treatment of depression is its own reward.

Maureen is not experiencing cognitive decline and says she is less depressed. She used to travel often before her husband's illness. Now she is resuming that hobby and plans to travel to Zambia in Africa with her granddaughter who is in the Peace Corps. "A year and a half ago I would not have done that," she says.

Her advice to those who are battling depression is to get help. "It's nothing to be ashamed of. If you try to hide it, it only becomes worse and then you're not doing your family any favors."



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CONNECTICUT IS HOME TO HUNDREDS OF GREAT COMPANIES, BUT HERE ARE 17 THAT OFFER EMPLOYEES MORE THAN JUST A PAYCHECK

BY ERIK OFGANG,
MICHAEL LEE-MURPHY
AND ALBERT YURAVICH

ALSO INSIDE: With encouraging projections, is the state's manufacturing sector finally getting its mojo back?





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BUILDING A FUTURE

AFTER DECADES OF DECLINE, IS THE STATE'S MANUFACTURING SECTOR POISED FOR GROWTH?

BY LUTHER TURMELLE

Mark Twain once famously wrote after a newspaper mistakenly ran his obituary that “reports of my death are greatly exaggerated.”

The same can be said for Connecticut's manufacturing economy.

While it is true the state has nearly 87,000 fewer jobs in the sector than it did in November 1997, it still plays an important role in Connecticut's economy, according to Patrick Flaherty, assistant director of research and information for the state Department of Labor.

“There were 160,000 manufacturing jobs in Connecticut in August,” Flaherty said in early October. “That's more than the financial services and insurance sectors combined. But it's still thousands of jobs fewer than in the 1970s.”

The state Labor Department projected in July that by 2024, Connecticut's manufacturing sector will have grown by 2.8 percent over a 10-year period, adding nearly 4,400 jobs in the process. While the level of jobs in a number of fields within manufacturing is expected to decline over that time, the overall employment growth in the sector will be led by gains of 1,562 jobs in aerospace product and parts manufacturing, 654 in medical equipment

and supplies manufacturing and 591 in metalworking machinery.

“While the growth is slower than what we are projecting for the economy as a whole, any increase in manufacturing employment is a major change in the trend as manufacturing employment has been declining for decades,” Flaherty says.

This has been an encouraging year for some of Connecticut's iconic manufacturers.

General Dynamics' Electric Boat division announced in January that it was adding up to 850 jobs to its workforce in Groton and Quonset Point, Rhode Island, this year alone. The submarine maker also announced it will add nearly 4,000 jobs in the next 15 years at the two locations.

The employment data that the Labor Department released in July was collected in June. And since then, the news has gotten even better for the manufacturing sector:

- Aircraft engine maker Pratt & Whitney, which has factories in Middletown and East Hartford, announced in mid-September that it will add 8,000 jobs over the next decade in Connecticut.

- Two weeks later, Sikorsky Aircraft announced it had struck a deal to keep the company headquartered in Stratford through 2032 and to have a new heavy-lift helicopter,

the CH-53K King Stallion, to be produced for the U.S. Marine Corps, built in Connecticut.

Critics argue that neither Pratt & Whitney nor Sikorsky would have made the announcements without millions of dollars worth of incentives from the state.

Flaherty says the Sikorsky deal is essentially “a job preservation deal,” ensuring that jobs that will be lost as the company winds down its work on the Blackhawk helicopter will return as work on the CH-53K King Stallion ramps up. Connecticut employment levels at Sikorsky are currently at about 7,800 and are expected to drop as low as 6,500 over the next several years before increasing to nearly 8,500 by 2032, according to Gov. Dannel P. Malloy.

Donald Klepper-Smith, chief economist and director of research for New Haven-based DataCore Partners, says that while such deals are sometimes necessary, they can also have a negative impact.

“It's OK to pull in certain firms, but if it's done too frequently, you create a system of haves and have-nots,” says Klepper-Smith. “You start developing some real problems. You want to try and create a business environment that is good for all, not a select few.”

The Malloy administration is hoping

that an element of the Sikorsky deal will help spread the economic gains statewide. The deal includes a guarantee the company will nearly double its spending of \$350 million per year with Connecticut suppliers.

Jerry Clupper, executive director of the New Haven Manufacturers Association, says that will mean greater demand for skilled workers in Connecticut.

“We’re going to have a very tight market for workers,” Clupper says. “There’s more of the smaller manufacturers than there are the big ones, but the number of people that are going to be needed is going to be significant at both levels.”

Some of that job growth is already evident, says Bill Villano, president and chief executive officer of the New Haven-based Workforce Alliance.

“We’ve been putting some people in advanced manufacturing,” Villano says. “A lot of these companies are small manufacturers who have found a niche.”

A significant portion of today’s manufacturing workforce is nearing retirement age, Flaherty says.

“We are projecting thousands of openings each year in production occupation both due to growth (additional employment) and replacement needs,” he says. “With the aging of our manufacturing workforce, there are going to be more opportunities (for manufacturing employment) over the next 10 years than there have been over the last 50 years.”

Beyond the manufacturing sector, the Labor Department is projecting that Connecticut’s economy as a whole will add 113,141 jobs by 2024, which represents a 6.1 percent growth over the period. That’s slightly better than what the federal Bureau of Labor Statistics is projecting as the national growth rate over the same period.

Jobs in Connecticut’s construction industry are expected to grow over the next decade at a pace twice as fast as the state’s economy as a whole. By 2024, the state is expected to have added 7,369 jobs, a growth rate of 13.2 percent, Flaherty says. But even if Connecticut achieves the 63,236 construction industry jobs it is expected to have by then, “it will still leave us with fewer jobs in that industry than we had in 2004,” he says.

Connecticut typically lags behind other states in terms of construction industry employment growth “because we don’t have a lot of land left that can be developed,” Flaherty says.

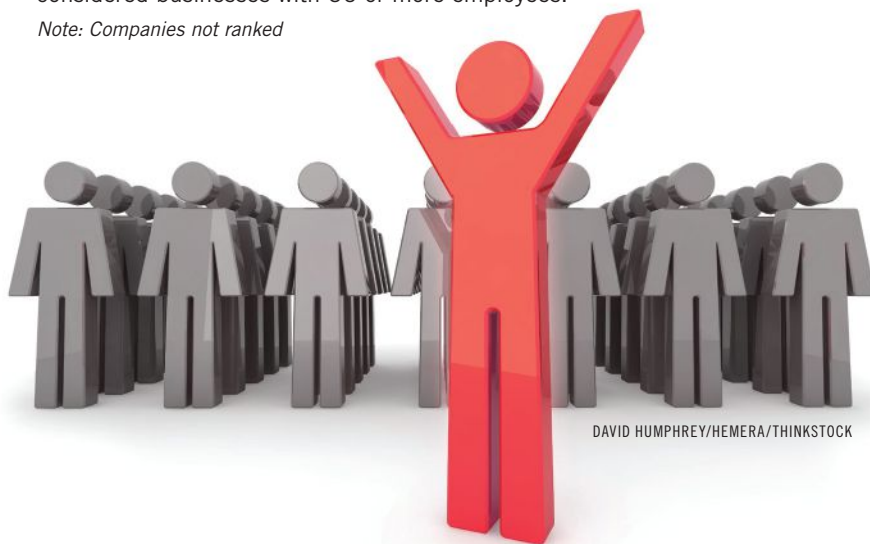
“Your economy can grow a lot faster if you have a lot of land that is still empty.”

OUR SELECTION PROCESS

In researching this year’s list, we’ve learned what makes a “great” workplace is quite subjective — where one person will rave about the size of their paycheck, another loves having on-site day care, while another appreciates being able to work from home.

We came up with this list independently — unlike similar articles you may have seen in other publications, there were no fees required to be considered. We sought suggestions via this magazine, our website and social media, talked to employment professionals and researched top companies in the region. We then investigated each workplace before including it here. We only considered businesses with 50 or more employees.

Note: Companies not ranked



DAVID HUMPHREY/HEMERA/THINKSTOCK

AMERICARES

NONPROFIT DISASTER AND POVERTY RELIEF

STAMFORD, DANBURY, BRIDGEPORT AND NORWALK

AMERICARES.ORG

CONNECTICUT EMPLOYEES: 157

WHY IT'S A GREAT PLACE TO WORK Beyond the feel-good nature of the work performed at this nonprofit, which has a presence in more than 90 countries, employees receive robust insurance that includes dental and vision and Aflac accident and cancer plans.



JAKE RAUSCHER/AMERICARES

In addition, the company offers a 401(k) plan that matches 100 percent of employee contributions up to 6 percent of salary. Other perks include 38 paid vacation days per year for new hires, an 18 percent discount at Verizon, flexible schedules and work-from-home options, employee-training programs, twice-a-year grants to fund educational research and the opportunity for international travel. As far as snacking at work goes, AmeriCares has a “Healthy Market” in partnership with h.u.m.a.n. that

provides nutritious fresh, frozen and dry packaged snacks and drinks to employees. Food trucks also visit AmeriCares headquarters several times a week. The company engages in recruiting initiatives to continually expand its diversity of employees; more than half of its management positions — 55 percent — are held by women. It’s no wonder the average employee tenure at the company is nearly six years.

AQR CAPITAL MANAGEMENT

INVESTMENT MANAGER

GREENWICH | AQR.COM | CONNECTICUT EMPLOYEES: 668

WHY IT'S A GREAT PLACE TO WORK The benefits are strong with this one. To wit: in most cases, the company pays for the entire premium cost of coverage for medical, dental and vision insurance; more than \$5,000 is available for tuition reimbursement per calendar year; a commuter benefit plan allows employees to pay for mass transportation and parking using pre-tax dollars; local health clubs, including Equinox and New York Sports Clubs, are discounted and a \$50-per-month reimbursement for any gym or fitness program is provided; a \$10,000 employee-referral bonus is available; as is a meals subsidy of \$10 per day for lunch and \$20 per day for dinner (when required to work until 8 p.m. or later). If you're still hungry, fully stocked kitchens on each floor of AQR's Greenwich facility have what you need. There's also plenty of playtime, with an annual chess tournament, regular trivia nights, ping-pong tournaments and firm-sponsored cricket, soccer and softball teams.



CORE INFORMATICS

DATA MANAGEMENT SOFTWARE

BRANFORD | COREINFORMATICS.COM |
CONNECTICUT EMPLOYEES: 66

WHY IT'S A GREAT PLACE TO WORK At this 3-year-old company, employees have flexible work schedules and enjoy a relaxed atmosphere. "We work hard, but then play some ping-pong or grab a beer," says Li Hayes, director of employee success. Perks include gym membership, free lunch on Fridays, free fresh fruit every day, company-sponsored happy hours on site every other week and unlimited paid time off (30 days is what is recommended, but more is permitted if necessary). Many employees with children work afternoons from home and the company matches between 4 percent to 6 percent on 401(k) plans. Employees are assigned a mentor when they start, and are given a \$1,500 training allowance every year. Additionally, training programs are offered every week in house. An MVP employee is awarded every other week with a trophy and champagne, and a quarterly values award winner receives a night on the town. After a very busy month, a whole department gets a half-day off in a restaurant or arcade. And the company is growing; 12 new positions were open as of this writing.

FINANCIAL ACCOUNTING FOUNDATION

ACCOUNTING STANDARDS

NORWALK | ACCOUNTINGFOUNDATION.ORG | CONNECTICUT EMPLOYEES: 175

WHY IT'S A GREAT PLACE TO WORK Employees at the FAF help to set the accounting standards that make the economy tick. The FAF calls this the "virtuous cycle": More transparency in accounting means better spending decisions, better investing and a better economy. The fact that this nonprofit is located in Fairfield County means it is doing its work in the thick of the action, among some of the biggest companies in the world. Employees get health, dental and vision coverage, along with a defined contribution plan with employer contributions based on a worker's age and salary. Employees get 10 weeks of maternity leave, and non-primary caregivers get two paid weeks off. In 2015, the FAF launched a diversity initiative, along with inclusion workshops to make the workplace more diverse. Employees seem to like it, as the average length of employment is 11 years.

iDEVICES

CONSUMER ELECTRONICS

AVON | IDEVICESINC.COM | CONNECTICUT EMPLOYEES: 62

WHY IT'S A GREAT PLACE TO WORK Probably best known for its iGrill wireless grill thermometer — which comes in handy at the annual summer picnic at the beach — this company produces other tech, such as the Switch, which allows you to control all sorts of devices around your home with your smartphone. If you've heard of the internet of things, that's what iDevices is plugged into. Encouraging a positive work-life balance, the company offers unlimited paid time off to give its workers the flexibility to take time off when they need to, and allows occasional work from home. Employees also get half off iDevices products. And don't worry about bringing lunch to work. An on-site cafe called The Byte offers free breakfast, lunch and dinner. Monthly happy hours at The Byte feature fun, games and, perhaps best of all, beer. And with the Farmington Canal Heritage Trail close by, you can get plenty of exercise and check out the fall foliage. There's also no dress policy, so no ties required!

HARTFORD HEALTHCARE

HEALTH CARE NETWORK

MULTIPLE LOCATIONS

HARTFORDHEALTHCARE.ORG

CONNECTICUT EMPLOYEES: ABOUT 18,000

WHY IT'S A GREAT PLACE TO WORK

Hartford HealthCare is a mammoth health care system that boasts five acute-care hospitals, the state's oldest air-ambulance service, behavioral health and rehabilitation services, a large physician group and clinical integration organization, skilled-nursing and home health services, and a comprehensive range of services for seniors, including senior-living facilities. According to Rebecca Stewart, director of news service, the best part of working for the network is the nature of the work itself. "Science proves that the secret to happiness is helping others. And helping others is what health care is all about," she says. "Staff members throughout Hartford HealthCare are making a difference — they are leading the way and transforming how care is delivered in our state and beyond."

GREENSKIES

COMMERCIAL SOLAR CONTRACTING

MIDDLETOWN | GREENSKIES.COM

CONNECTICUT EMPLOYEES: 65

WHY IT'S A GREAT PLACE TO WORK

With locations in Minnesota and California, this Middletown-based company is at the top of its game in the solar world. According to the company, Greenskies has tripled its workforce in the last two years, and continues to grow. In September, Greenskies was named one of the fastest-growing tech companies in the state by the Connecticut Technology Council. With a low turnover rate, the company is just getting started in what is an expanding industry. While Greenskies is a private company with no stock options for employees, it offers a 4 percent employer match to a 401(k) plan, and 20 paid vacation days a year.



JOE FARAONI/ESPN IMAGES

ESPN

SPORTS MEDIA

BRISTOL | ESPN.COM | CONNECTICUT EMPLOYEES: ABOUT 4,200

WHY IT'S A GREAT PLACE TO WORK

Employees at this Connecticut sports empire receive The Walt Disney Co. benefits package, which includes theme park passes and other company discounts. Employees also have access to the ESPN KidsCenter (a child-care facility offered through Bright Horizons) and can attend the Newsmaker Series (employee-only luncheons that attract some of the biggest figures in sports and entertainment to the Bristol campus for talks and Q&A sessions). ESPN also has excellent health and wellness facilities, as well as walking trails on its campus. All employees and their families are invited to the annual ESPN Picnic at Lake Compounce in late August. Plus, sports personalities like Jim Calhoun and Rebecca Lobo are technically coworkers.

INDEED

EMPLOYMENT SEARCH ENGINE

STAMFORD | INDEED.COM | CONNECTICUT EMPLOYEES: MORE THAN 600



WHY IT'S A GREAT PLACE TO WORK

Indeed.com is one of the most trafficked job-posting sites online, and its employees have the phrase "I help people get jobs" printed on their business cards. So it makes sense that the company would, itself, be a great place to get a job. Employees enjoy competitive benefits and salary, as well as perks like childcare through Bright Horizons, flexible work arrangements that encourage a positive work-life balance and unlimited paid time off for all employees. The company posted revenue of \$700 million in 2015,

a 60 percent increase over the previous year, and it continues to hire new employees in the sales and client services departments.

INSPIRA MARKETING GROUP

EXPERIENTIAL MARKETING

NORWALK | INSPIRAMARKETING.COM | CONNECTICUT EMPLOYEES: 55

WHY IT'S A GREAT PLACE TO WORK As a company that provides experiences for brands, it's no surprise the experiences offered to its employees are some of the best in class. Besides regular happy hours and relaxing options such as in-office massage chairs, the most beloved perk is the annual incentive trip. When revenue and profit goals are met — which happens more often than not, by the way — the reward is an all-expenses-paid weekend getaway to a surprise destination. Past trips include Jamaica, Cancun and St. Thomas. Then there's the Radical Sabbatical, when, after five years with the agency, an employee is sent on a two-week, company-funded journey to fulfill their personal passion that involves giving back. Taking advantage of its relationship with clients in the alcoholic beverage industry, Inspira installed a bar in its SoNo office, fully stocked with spirits, wine and Guinness on tap. And to rouse workers from their afternoon slumps, a beverage cart rolls around the office at 4 p.m. Thursdays, serving up handcrafted cocktails and an assortment of snacks.



SHAWMUT

DESIGN AND CONSTRUCTION

NORTH HAVEN | SHAWMUT.COM | CONNECTICUT EMPLOYEES: 54

WHY IT'S A GREAT PLACE TO WORK When this company does well, its employees do, too. They own it. In recent years, they have done well. The company has a 73 percent growth rate over the last three years, according to spokesman Kevin Corsino. Through its employee stock ownership program, shares in the company are deposited into an employee's personal retirement account, in an amount that averages about 12 percent of their yearly salary. In addition, the company offers a 50 percent match of the first 8 percent of an employee's contribution to a 401(k) account. Shawmut has an average length of employment of five years, and new hires are put through a 36-month training program in project management, site supervision and estimating. The company is responsible for working on some of the most iconic and recognizable buildings around, such as Fairfield University and Fenway Park.

LEGO

TOY MANUFACTURER

ENFIELD, DANBURY AND WEST HARTFORD | LEGO.COM
CONNECTICUT EMPLOYEES: 935

WHY IT'S A GREAT PLACE TO WORK

This is a great place for employees with kids, not to mention for those who are a bit of a kid themselves. Other than access to all the toys you could play with, employees receive a 26 percent discount on tuition for the on-site LEGO Creative Child Care Center, as well as 10 percent off tuition at any local KinderCare facility. For the adults, there's an on-site gym, and wellness classes are available free of charge. Paid time off is generous, with three to six weeks of vacation, depending on length of service, five sick/personal days, and 11 holidays, with one additional floating holiday. For its 401(k), the company matches every dollar up to 6 percent of employee contributions. And if you work here, chances are LEGO products make up a good chunk of your holiday shopping for the kids in your life, what with a 50 percent discount.

NESTLÉ

WATERS

BOTTLED WATER

STAMFORD, NORTH HAVEN | NESTLE-WATERS.COM
CONNECTICUT EMPLOYEES: 787

WHY IT'S A GREAT PLACE TO WORK

Employees at the world's most successful bottled water company choose one of three comprehensive medical plans that all include free in-network preventive care and offer prescription drug benefits. The company also runs an employee assistance program that provides workers with access to free, confidential counseling, educational materials and referral services. Nestlé prides itself in its parental support policies that support both moms and dads. As part of the company's caregiver leave program, designated primary caregivers can take up to 26 weeks of leave for a newborn birth, adoption or foster placement and Nestlé provides supplemental income for eligible employees for the first 14 weeks. Nestlé also offers a phased return program in which parents have the option to return to work on a reduced schedule.

PRATT & WHITNEY

AIRCRAFT ENGINE MANUFACTURER

EAST HARTFORD, MIDDLETOWN | PRATT-WHITNEY.COM
CONNECTICUT EMPLOYEES: ABOUT 9,500

WHY IT'S A GREAT PLACE TO WORK

Locked in a battle with departing General Electric to be the high flier in jet-engine manufacturing, P&W anticipates doubling its engine production by 2020. To prepare for this ramp-up, the company recently announced it will hire an additional 8,000 workers in Connecticut over the next decade, and is investing \$400 million in its state operations. P&W, a division of United Technologies, also plans to expand its East Hartford campus with a new engineering and headquarters building, meant to attract high-level engineering talent. Once you get a job at P&W, the company has a vested interest in making you better. The evidence is the employee scholar program, one of the most comprehensive company-sponsored education programs in the world. In the last 20 years in Connecticut, United Technologies has invested over \$450 million in furthering the education of its state employees.

SLALOM CONSULTING

BUSINESS SERVICES

HARTFORD | SLALOM.COM
CONNECTICUT EMPLOYEES: 75

WHY IT'S A GREAT PLACE TO WORK

The company is growing at 36 percent a year, and employees tend to stay for at least 10 years. Each year, the employees and one guest get an all-expenses-paid trip, which they call the nor'easter. In 2015 it was Lake George, New York. This year it was Stowe, Vermont. That not enough for you? How about a kegerator and a wine rack, to go alongside an Xbox? Once every 3-4 years, employees can cobble together as much as four weeks for a sabbatical of sorts, meant for professional development.

QUINNIPIAC UNIVERSITY

PRIVATE UNIVERSITY

HAMDEN, NORTH HAVEN | QU.EDU | CONNECTICUT EMPLOYEES: ABOUT 2,000

WHY IT'S A GREAT PLACE TO WORK Quinnipiac University has more name recognition than most universities of its size and age, especially around



election season because of its near ubiquity in the world of political polling. Employees receive health and dental, and a 5 percent matching retirement contribution for the first five years, followed by 10 percent contribution with no employee contribution required after five years. In addition, any employee is eligible for free tuition for themselves and their spouse, domestic partner or dependent children. The University's Center for Excellence in Teaching and

Service to Students allows for professional development. The hockey team ain't bad these days, either.

STEW LEONARD'S

FOOD STORE

NORWALK, NEWINGTON AND DANBURY | STEWLEONARDS.COM
CONNECTICUT EMPLOYEES: 1,350

WHY IT'S A GREAT PLACE TO WORK What started in 1969 as a small dairy store with seven employees has grown into a nearly \$400 million enterprise with more than 2,500 employees. And more growth is on the way, with a sixth store scheduled to open in East Meadow on Long Island, New York,



in June. But Stew's is still family owned and operated. In fact, nearly a third of its employees have family also working at the company. What's more, 52 have met their spouses there. If you land a job at Stew's, chances are you'll be there for a while, as the average length of employment is 10 years. Some of the reasons: profit sharing and a 401(k) in which the company matches 50 cents for every dollar contributed up to 6 percent; a comprehensive benefits plan, including on-site medical screenings, health coaching, an on-site registered nurse and money toward

employees' deductibles to encourage annual checkups; on-site cafeterias; free appreciation lunches and dinners cooked by Stew's team of chefs; and outings such as skiing, fishing and whitewater rafting. Employees also have the power to confirm, modify or even overturn management actions. Who wouldn't want to overrule their boss from time to time?

Children? Pets? Red wine? No problem.

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CONNECTICUT'S 'INDY' HEROES

WHEN THE HEAVY CRUISER USS *INDIANAPOLIS* was sunk by a Japanese submarine days after delivering the atomic bomb at the end of World War II, it was the worst at-sea disaster in Navy history. Only 317 of 1,196 men on board survived. With a new documentary and major motion picture bringing the tragic story back into the spotlight, these are the stories of four Connecticut men aboard the ill-fated ship.

By Michael Catarevas



CAPTAIN



DOCTOR



CHAPLAIN



NAVIGATOR

USS Indianapolis off the Mare Island Navy Yard, California, July 10, 1945, after her final overhaul.
BUREAU OF SHIPS COLLECTION
IN THE U.S. NATIONAL ARCHIVES
(PHOTO NO. 19-N-86913)

PEACE

Truman Announces Jap Surrender MacArthur Named Chief;

By ALEXANDER KENDRICK
WASHINGTON, Aug. 14.—The war is over. Japan has surrendered today, just one hour after the dropping of the atomic bomb.

U.S. Cruiser Sunk With Every Man Lost or Wounded Philadelphia Roars Salute To Victory

By JOHN M. McCULLOUGH
Inquirer Washington Bureau

WASHINGTON, Aug. 14.—The 10,000-ton United States heavy cruiser Indianapolis, flagship of the powerful Fifth Fleet, was sunk recently in the Philippine Sea, with the heaviest casualties sustained by an American warship in high-seas combat in this war.

Every one of the powerful cruiser's complement of 1196 men is listed as dead, missing or wounded. The Navy Department, in a special communique, listed the casualties as follows:

Dead: 1. Missing in action: 875. Wounded: 316. This casualty list is exceeded only by that sustained by the battleship Arizona, which was torpedoed and sunk at her berth off Ford Island in Pearl Harbor on Dec. 7, 1941. Listed among the wounded is Captain Charles Butler McVay, Jr., of Philadelphia, Pa., the

By WILLIAM C. FARSON
Philadelphia gave vent to its elation over Japan's surrender last night with the wildest, noisiest, most joyous celebration this old city has ever seen.

Around City Hall the tumult was terrifying in its intensity. Women and girls clutched at their throats, as if in fright, as the voices of countless thousands rose in a great, triumphant crescendo and echoed in what seemed still greater volume from the walls of the tall midcity structures.

HUGGING AND KISSING

Girls and service men hugged and kissed one another—and danced, the kissed one another—short time, the hundreds who had been streaming through the City Hall section on foot when the surrender flash was received had been joined by thousands of others. They dashed into the streets from office buildings, restaurants, shops, and from the streets from office buildings. They abandoned meals in restaurants. They leaped from trolley cars and the milling mob about City and Market



IT MADE PERFECT SENSE AT THE TIME. A nation exhausted by World War II first celebrated V-E Day (Victory in Europe) on May 8, 1945. Months later, on Sept. 2, it was V-J Day (Victory over Japan).

The *New York Times* page one headline was, in all caps, **JAPAN SURRENDERS, END OF WAR! EMPEROR ACCEPTS ALLIED RULE.**

At the very bottom of the same page was this: **Cruiser Sunk, 1196 Casualties; Took Atom Bomb to Guam.**

So it was no wonder that most Americans, weary of reading about death and the horrors of war for over a half-decade, were emotionally spent, preferring to concentrate on victory and getting their lives and country back to normal.

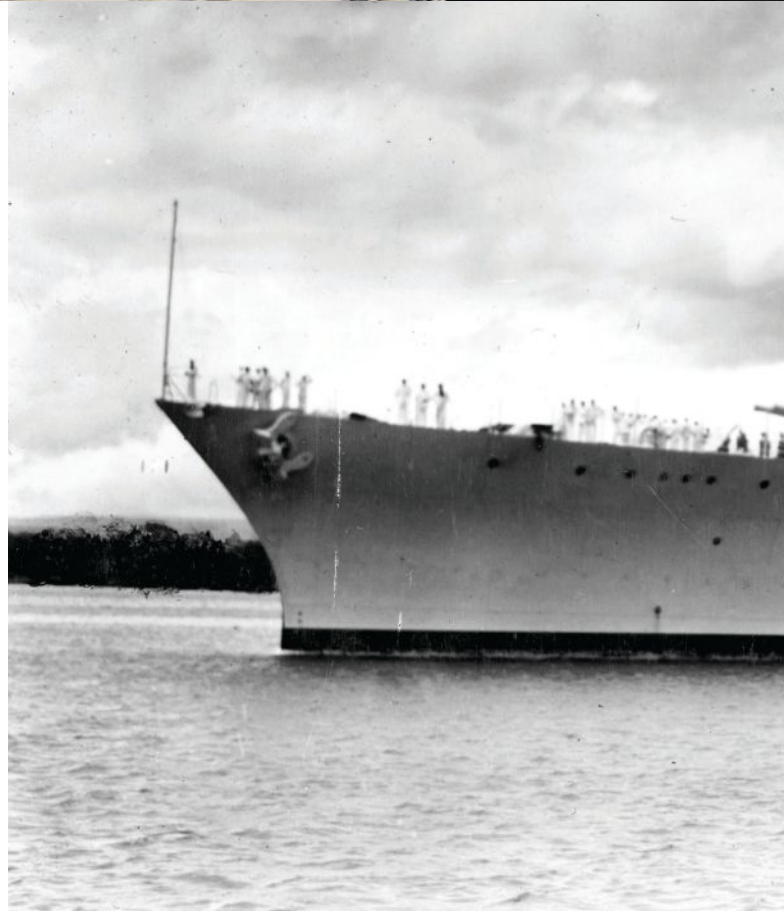
The *USS Indianapolis* story became a sad and relatively obscure footnote in history. Until what happened was told during a famous scene in the 1975 movie *Jaws*, most people were unaware that the ship played a vital role in helping to end the war.

Nine Connecticut natives were on the *Indianapolis*. Its leader, Capt. Charles B. McVay III, called Connecticut home for seven years after retiring. He and three others from here had leadership positions, and their tales are told on the pages that follow.

First, a brief history of the vessel once ironically labeled the Lucky Indy.

During the war, the *Indianapolis* was often in action, mostly in the Pacific Theater from 1943-45.

It led destroyers on missions, escorted American convoys and shot down numerous enemy aircraft.



While it had firepower, it was not equipped with depth charges to combat submarines. Until 1945 it managed to avoid being damaged, thus earning its nickname.

As U.S. forces prepared for an invasion of Japan following the end of the war in Europe, the *Indianapolis* was part of a bombardment of Okinawa in March 1945, spending a week blitzing the Japanese beach defenses with shells.

Enemy aircraft were all around, and the ship shot down six planes. But on March 31 a kamikaze pilot managed to drop a bomb on the *Indianapolis* before plunging into the Pacific Ocean. It did serious damage, killing nine crewmen, but the vessel managed to limp across the ocean to Mare Island Naval Shipyard near San Francisco for repairs.

When whole again, the *Indianapolis* was ordered on a secret mission to Tinian, an island under Allied control 1,500 miles from Japan. Two crates, one large and the

The front page of the Aug. 15, 1945, morning edition of *The Philadelphia Inquirer*. PHOTO BY PETER HVIZDAK

other small, were placed aboard the ship. Not a single crew member or even McVay knew the crates contained the atomic bomb itself and the enriched uranium crucial for its devastating and world-changing power.

The *Indianapolis* left on July 16, sped unaccompanied across the Pacific and arrived at Tinian 10 days later.

After the crates were removed, the *Indianapolis* was sent to Guam. Then on July 28 it was off to Leyte, an island in the Philippines, where the crew would receive training in anticipation of their next mission.

There were several reasons for the disaster that was to occur in the early morning of July 30, 1945, when the Japanese submarine *I-58*, commanded by Mochitsura Hashimoto, launched six torpedoes, two of which hit the *Indianapolis*, the first removing more than 40 feet of the bow and the second hitting the starboard side. The ship capsized and sank in 12 minutes.

Connecticut men on the USS Indianapolis

The following men aboard the ill-fated *USS Indianapolis* were natives of Connecticut. Capt. Charles B. McVay III was born in Pennsylvania, but lived the last seven or so years of his life in Morris, Connecticut.

William Friend Emery, S1, New Canaan

Frederick E. Harrison, S2, Waterbury

***Dr. Lewis A. Haynes**, Lt. Cmdr., Fairfield

Clarence Hicks, S1, Enfield

Robert Allan Keeney, Ensign, Wethersfield

***William C. Quealy**, PR2, Willimantic

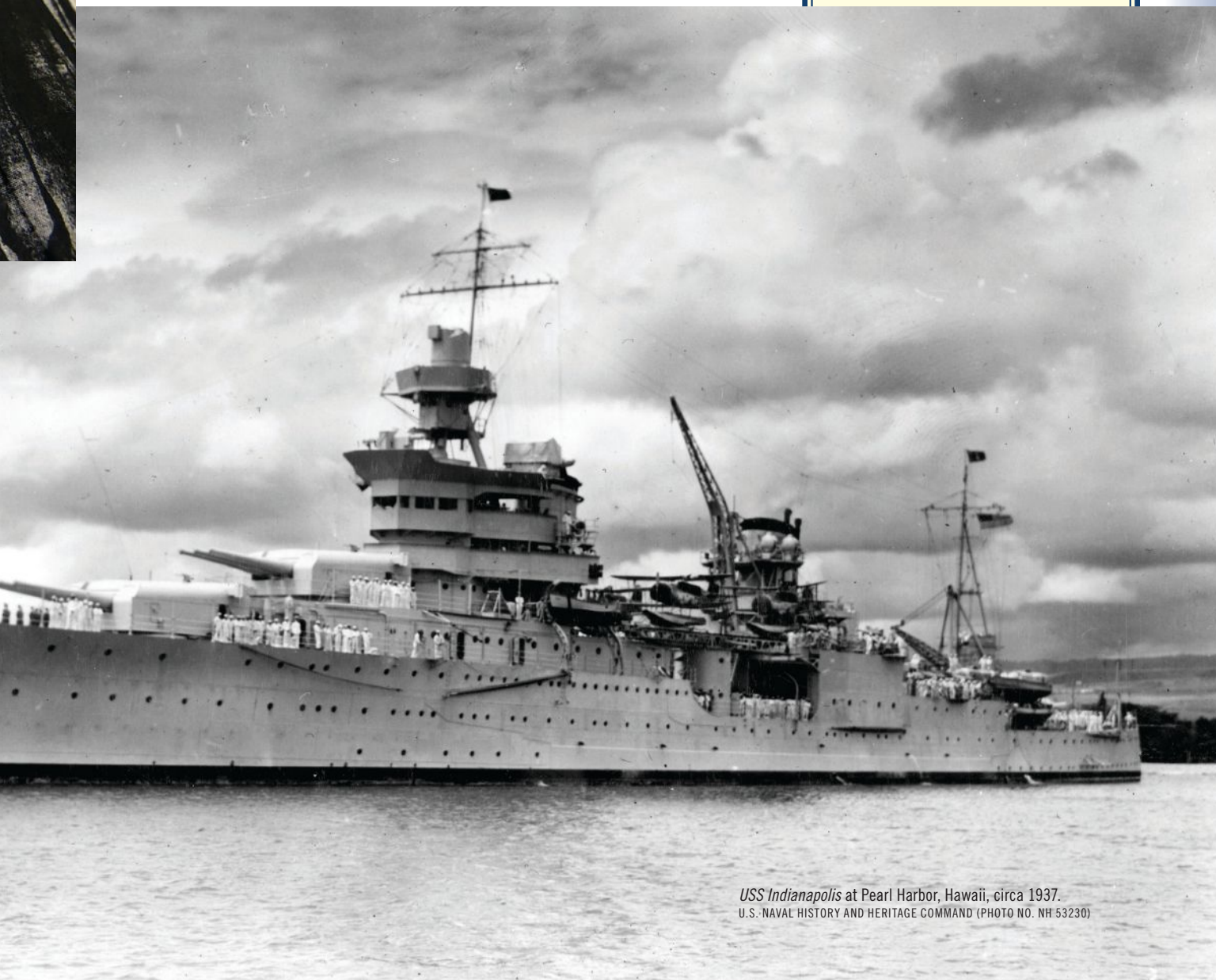
Nicolo Toce, S2, New Haven

Robert Taft Whitman, Lt., Greenwich

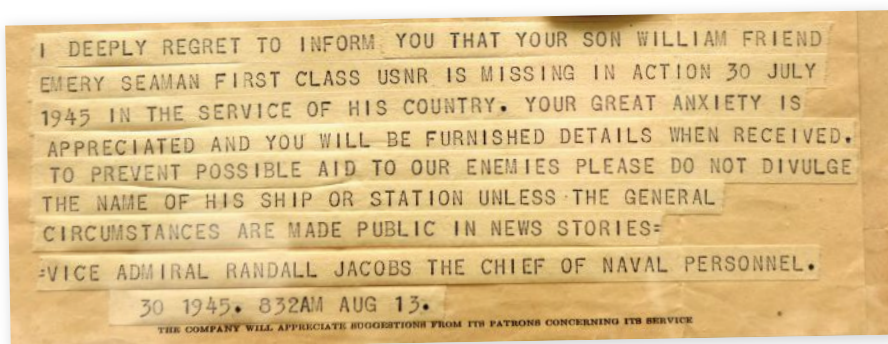
Thomas M. Conway, Lt., Waterbury

** Survivor*

*S1/S2 Seaman 1st/2nd class
PR2 Parachute rigger, 2nd class*



USS Indianapolis at Pearl Harbor, Hawaii, circa 1937.
U.S. NAVAL HISTORY AND HERITAGE COMMAND (PHOTO NO. NH 53230)



Telegram notifying the family of William Emery that their son was missing in action. PHOTO BY PETER HVIZDAK

About 300 men died going down with the ship. The rest went into the water, in varying degrees of distress. A great many were slathered in black oil that had flooded into the sea from the broken vessel. Their ordeals were just beginning.

Hoping to be rescued quickly, the men would be bitterly disappointed. It would turn out that:

- Three SOS messages were sent by the *Indianapolis*, but for vague reasons they were not acted upon.
- McVay had requested a destroyer escort, but it was denied, as Navy brass assigned the warships elsewhere.
- McVay was not told that shortly before his departure from Guam, a Japanese

submarine within range of his path had just sunk a destroyer escort.

- The Navy did not track the *Indianapolis* carefully because its secret mission kept it off regular reports.

These factors would result in 900 men trying to endure a torturous nearly five days in the ocean, with no food or water.

Making matters worse, and perhaps the main reason the *Indianapolis* story has such timeless, emotional resonance, is that shark attacks were a constant, terrifying threat.

The men stayed in groups as best they could, most wearing life jackets. The days were very hot and the nights extremely cold. Survivors said the sharks first ate the dead, then went after the living.

Edgar Harrell lived and recalled the conditions to *National Geographic*.

"At any given time you could look out and see big fins swimming around and around," the Marine said. "All of a sudden you heard a blood-curdling scream and you see the shark had taken him under."

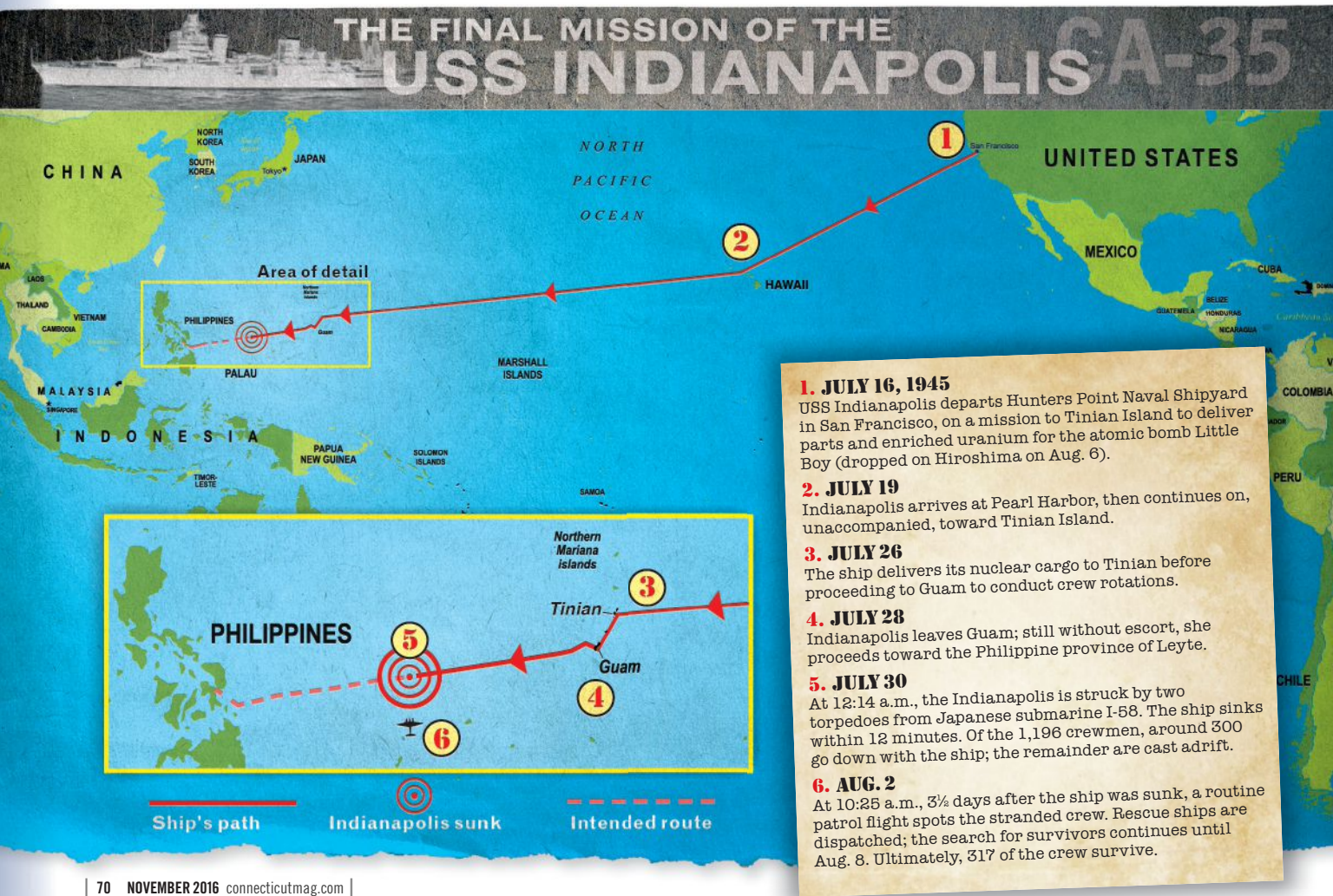
Desperate thirst caused many men to drink the salty seawater, which led to their quick demise.

The survivors were not spotted until Aug. 2. By then, only a few hundred were still alive.

A Navy plane on anti-submarine patrol saw an oil slick and people in the water. The pilot immediately dropped supplies to the men and notified authorities, which sent planes and ships to rescue the still-living men. It took almost two days to complete the rescue operation.

The impact of the catastrophe sent shock waves throughout Navy circles. A public announcement of the loss of the *Indianapolis* was delayed until Aug. 15, ensuring it would be overshadowed in the news on the day when the Japanese surrender was announced by President Truman.

Of the Connecticut men aboard the *Indianapolis*, one was the ship's doctor, one the ship's chaplain, one a navigator, and the captain. Their stories follow.



New Canaan sailor was family's second son to die

THE OLD, soundless home movie images are as wholesome and innocent as they are poignant and tragic.

There is 5-year-old Steven Gray Emery in 1940, prancing about with his grandfather, father, brothers Bill and John and pet dog. Less than four months later Steven would die of spinal meningitis.

In another reel shot a few years later, 19-year-old Bill Emery is seen walking around and playing with a different dog. Soon he too would perish.

The two deaths had a connection that pains the Emery family to this day, involving one of the most catastrophic events in U.S. Naval history — the 1945 sinking of the *USS Indianapolis*.

Although he never knew him, Michael William Emery, 55, has made it a mission to keep his Uncle Bill's memory alive. Raised in Darien, Michael is now a walking encyclopedia regarding every detail of the *Indianapolis*, and his uncle. He wears a white tribute shirt everywhere, the front of which shows a picture of a smiling Bill Emery in uniform. The words under it are: William Friend Emery; S1C (seaman first class) N (navigation) Division; *USS Indianapolis* CA-35 (hull symbol); Lost At Sea July 30, 1945.

Michael spends a lot of his time telling the story of his uncle and the *Indianapolis* to school classes, youth groups, the media and anyone he comes across who is



COURTESY OF MICHAEL EMERY

curious about the image on his shirt.

"I feel it's important to honor his legacy, and remind people that freedom is not free," he says. "It comes with the ultimate sacrifice. We are a Gold Star family. Bill gave his life for the freedoms we have today."

Most of the Emery family lived in Madison, Wisconsin, when the three brothers were alive. Steven's death spurred the parents to move, which they did, to New Canaan.

World War II was underway. Michael Emery's grandfather, John C. Emery, was a lieutenant commander in the Navy, based in Mill Valley, California. His job was to expedite war items through land, sea and air. He would eventually take the concept into the private sector and found Emery Air Freight.

Bill Emery attended New Canaan High School. He was editor of the school newspaper his senior year, served on the student council, sang in the school chorus, played on the tennis and football teams and acted in school plays. He graduated in 1944.

"On May 11, 1944, at age 17, Bill enlisted in the United States Naval Reserve at the Naval Recruiting Station in New Haven," says Michael. "His parents were still recovering

from losing Steven five years earlier. My grandmother told my grandfather to make sure Bill was not put in harm's way.

"So he pulled a lot of strings to get his son to the West Coast in April of 1945. He looked up and down the Fifth Fleet for the one ship that would not see any action. He found one, the *USS Indianapolis*, nicknamed the Lucky Indy, with 10 battle stars but no loss of life from any action, and thought it was perfect."



William Emery (No. 9) on his high school football team.
PHOTO COURTESY OF MICHAEL EMERY

Several weeks before Bill Emery reported for duty aboard the *Indy*, the ship was in action at Okinawa. For the first time in her distinguished career, she was hit by a Japanese kamikaze plane. There were casualties, and nine men died. Ironically, a man whose last name was Emery, no relation, was one of the men killed. He served in the Navigation Division, the same one Bill Emery was to serve in.

"By then, the ship was no longer considered the *Lucky Indy*," explains Michael. "As a matter of fact, a lot of the sailors considered her a doomed ship, and asked to be transferred off of it."

The *Indianapolis* went into dry dock for repairs, during which time Bill Emery went home to New Canaan to visit relatives. He also sent a letter to his maternal grandparents in Wisconsin which told of his delight to be where he was.

"As you can see from the address above, I am now on the *Indianapolis* and she is a swell ship," he wrote. "She is now in for repairs but I expect we will be going out in a week or two. But we have a swell bunch of guys on board and I am looking forward to the voyage."

When he returned, the *Indianapolis* was ready for action. Unbeknownst to all but a very few people, it had a new assignment, ordered directly by President Truman.

"The Manhattan Project had created the atomic bomb, and they chose the *Indianapolis* to carry it to the South Pacific because it was fast," says Michael. "It didn't have the double-plating that a battleship would have, which would lead to its doom."

The bomb, *Little Boy*, would eventually be flown by the *Enola Gay*. Before the bomb was dropped on Hiroshima on Aug. 6, 1945, it had been learned that the *Indianapolis* was sunk several days earlier. The *Enola Gay* crew wrote on *Little Boy*, sw "For the lost souls of the *Indianapolis*."

When a Japanese submarine hit the *Indianapolis* with two torpedoes, bedlam ensued.

"No one saw Bill in the water," says Michael. "The first torpedo hit the bow of the ship, which is called Officer Country, so most officers didn't make it off the ship. The second torpedo hit the starboard side, the ammunition port, and there was a huge explosion. Communications were lost. The ship kept churning in the water and they were unable to have it stopped, which is why it went down so fast [in 12 minutes]. In comparison, the *Titanic* went down in four hours."

The Emery family was, of course, crushed to have lost another son so young. Michael Emery's father, John C. Emery Jr., Bill's brother, would not speak about it for decades.

John C. Emery Sr., the lieutenant commander who had arranged to have his son aboard the *Indianapolis*, sent Naval officers to talk to survivors to see if they

had any information about Bill.

"He even thought Bill might have swam to a deserted island," says Michael. "He felt guilty. Later he did say that if Bill had to go it was better to go with the ship, that he thought it would have been torture to be in the water for four days. His faith helped restore him. He did the best he could."

Michael Emery has all the original documents, letters and telegrams sent to his parents when the *Indianapolis* was sunk, and thereafter, some of which will likely end up in the Smithsonian.

A Western Union telegram of Aug. 13, 1945, from Vice Admiral Randall Jacobs, chief of personnel, says: "I deeply regret to inform you that your son William Friend Emery is missing in action July 30 1945 in the service of his country. To prevent possible aid to our enemies please do not divulge the name of his ship or station unless the general circumstances are made public in news stories."

A typed letter, dated Oct. 9, 1945, from James Forrestal, secretary of the Navy, says: "I learned with deep regret that your son, William Friend Emery, previously reported missing, is now known to have lost his life on July 30, 1945. I hope that you may find comfort in the thought that his sacrifice was made in order that the freedom of his country might be preserved."

A handwritten letter, dated Oct. 1, 1945, to Lt. Commander Emery, from *USS Indianapolis* Capt. Charles B. McVay, includes this: "I knew your boy, as he stood watch on the bridge where I spent most of the hours while the ship was underway. He was a fine boy and you are justly proud of him."

Michael also has the last letter his Uncle Bill ever wrote to the family, from aboard the *Indianapolis*. It has an eerie inclusion.

"He sent his grandparents in Wisconsin a trunk key and told them to open it," says Michael. "Inside the trunk was a small box with a ring in it. Uncle Bill asked that the ring be sent to his girlfriend, Ann Jackson, in New Canaan, who he was planning on marrying. I often wonder if he had a premonition that he was not going to survive the war. I think he knew there was a chance he would not be coming back home, and wanted Ann to have the ring."



I saw John in New York and he is looking fine and is doing very well at his job. Everything is fine here and the house is really swell.

I wonder if you would do me a big favor? Mother tells me that my strong box was sent to your place with that other stuff that was sent there. Well, I am enclosing the key to the box and if you will open it you will find in there a little blue ring box with a ring in it. I bought the ring some time ago to give to my girl when I went away and I want her to have it now. So if you will mail it to her I would appreciate it very much. Her address is Miss Ann Jackson, Canoe Hill Road, New Canaan, Connecticut. Then you can mail the key back here and I'll get it some time. Ann is expecting the ring so you don't have to put in any note. Thanks a million!

Well, that is all the news for now but I will try to write sooner next time.

Love to all,
Bill.

A portion of the final letter Bill Emery sent home. Above, Emery's Purple Heart, awarded posthumously. PHOTOS BY PETER HVIZDAK

Heroic Fairfield physician survived sinking

DR. LEWIS HAYNES was one of the two Connecticut men aboard the USS Indianapolis to survive. He was the ship's chief medical officer.

Shortly after his rescue he dictated his recollections in order to preserve an accurate account of his experience. The account is from *Survivor of the Indianapolis*; Navy Medicine Vol. 86, No. 4 (July-Aug. 1995).

Haynes attended reunions of USS Indianapolis survivors for a few years, but then stopped.

"Family members would go up to him and say, 'Do you remember my uncle? Do you remember my dad?'" explains Michael Emery, who attends the reunions in honor of his uncle, William Friend Emery, who perished. "And it pained him so much that he stopped coming."

Haynes died in 2001. His account here begins with the Indianapolis getting torpedoed.

■ ■ ■

What do you remember about that night?

The only time the officers got together was at meal time. The navigator said that Japanese submarines had been spotted along our route and we were going to pass them during the night about midnight. I went to bed.

I awoke [when the first torpedo struck]. I was in the air. My room was lit up with a bright flash of light. I had a lamp on my desk and it was in the air along with

me. I hit the edge of the bunk, hit the deck, stood up and then the second explosion [torpedo] came and knocked me down. I grabbed my life jacket and started to go out the door. There was fire in my room.

A lot of fire was coming up through the deck. I slipped and fell, landing on my hands. I got third-degree burns on my hands — my palms and all the tips of my fingers. I was barefooted and the soles of my feet were burned off.

The ship was beginning to list and I went down to that side of the ship, got up on the transom and felt for a porthole. I found one already open. I thought it had been blown open by the explosion, but I found out later that two other guys had gone out through it and had left a rope dangling. I pulled on it and it was solid so I went through the porthole.

Was the ship still making headway?

It was still going along at least 10 knots. They couldn't get word to the engine room to turn off the engines. The engineer hadn't gotten word from the bridge so he kept plowing ahead. The ship filled up like a bucket.

I remember fainting one time trying to take care of a patient who was on a cot. I fell across him and he shoved me off and I stood up again. We were trying to put dressings on people. We were starting to give morphine to people who were badly burned when an officer said, "Doctor, you'd better get life jackets on your patients."

We got a whole bunch of life jackets and started to put them on the patients. I was putting one on a warrant officer when the ship lurched right over. And he just slid away from me, he and all the patients. I was standing right alongside the lifeline, and I grabbed it and climbed through. And by the time I did, the ship was on its side. I stood up on the side of the ship and slowly walked down the side. I went down and jumped into the water, which was just fuel oil.

Was there enough light to see very well?

There was enough light from the moon that you could see. It kept coming in and out.

What did the water feel like when you went into it?

Being in the water wasn't an unpleasant experience except that it was black fuel oil and you got it in your nose, and you got it in your eyes. Because the ship went



Dr. Lewis Haynes during World War II, left, and as a captain and USS Indianapolis survivor circa mid-1960s, below. PHOTOS COURTESY OF LIBBY OSTROFSKY

down so fast because of the forward momentum, the air burst out of the compartments and there were explosions of air that turned you end over end and kept blowing us all farther away. And then the ship was gone, and

suddenly it was very quiet.

Did you hear anyone yelling at that point?

No. There were people all around me but nobody was yelling. [Capt. Charles B.] McVay [III] and 10 men had two life rafts and two floater nets between them. And another group had four or five rafts and floater nets. There were another 145 of them on that side who were thrown into the water with the rafts. We started to gather together. We all looked the same, black oil all over — white eyes and red mouths. No personalities at all. You couldn't tell the doctor from the boot seaman. Everyone swallowed fuel oil and began vomiting. The oil was in your eyes, it was in your nose. Later, when the sun

"In the beginning

I took off their dog tags and said The Lord's Prayer and let them go. Eventually, I got such an armful of dog tags I couldn't hold them any longer."

— Dr. Lewis Haynes

came up, the covering of oil kept us from burning. I could have hidden but somebody yelled, "Is the doctor there?" And I made myself known. From that point on — and that's probably why I'm here today — I was kept so busy I had to keep going. But without any equipment, from that point on I became a coroner.

This was midnight and most of the men were dehydrated because they'd been asleep. A lot of them hadn't had fluid for



asleep. A lot of them hadn't had fluid for some time. And they began to get very thirsty. And that was the big problem, trying to keep them from drinking saltwater.

A lot of the men were without life jackets. Those who had life jackets that were

injured, you could put your arm through that space and pull them up on your hip and keep them up out of the water. And the men were very good about doing this. Those with jackets supported men without jackets. They held onto the back of the jacket, put their arms through there and held on floating in tandem.

When daylight came we began to get ourselves organized into a group. They knew I was the doctor. I began to find the wounded and we began to find the dead. And when we got to the dead, the only way I could tell they were dead was to put my finger in their eye. If their pupils were dilated and they didn't blink I assumed they were dead. We would then take off their life jackets and give them to men who didn't have jackets. In the beginning I took off their dog tags and said The Lord's Prayer and let them go. Eventually, I got such an armful of dog tags I couldn't hold them any longer.

What happened when the sun came up?

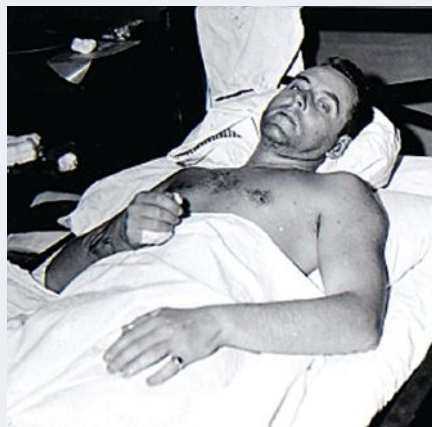
It reflected off the fuel oil and was like a searchlight in your eyes that you couldn't get away from. I had the men take their clothes off and we tore them into strips and tied them around our eyes to keep the sun out.

When first light came we had between three and four hundred men in our group. I would guess that probably seven or eight hundred men made it out of the ship.

The second night we had all the men put their arms through the life jacket of the man in front of him and we made a big mass so we could stay together. Some of the men could doze off and sleep for a few minutes. We kept the wounded and those who were sickest in the center of the pack, and that was my territory.

Your own injuries, the burns you had, the saltwater must have been quite irritating.

It was at first but then the fuel oil acted like a protective covering after you got over



Dr. Lewis Haynes in recovery following the rescue.
NATIONAL ARCHIVES

The hospital ship *USS Tranquility* arrives at Guam, carrying survivors from the *USS Indianapolis*, Aug. 8, 1945.

U.S. NAVAL HISTORY AND HERITAGE COMMAND /
NATIONAL ARCHIVES (PHOTO NO. 80-G-K-5987)

Opposite page, survivors from the *Indianapolis* are en route to a hospital following their rescue, on the island of Pelelieu in the nation of Palau, circa early August 1945.

U.S. NAVAL HISTORY AND HERITAGE COMMAND /
NATIONAL ARCHIVES (PHOTO NO. 80-G-490322)



the pain of the thing. If I tried to touch or grab something there was pain, but most of the time I was comfortable in the saltwater.

You said that because you had no medical equipment or anything you acted as an adviser to the men.

There was nothing I could do but give advice, bury the dead, save the life jackets and try to keep the men from drinking the saltwater when we drifted out of the fuel oil. When the hot sun came out and we were in this crystal clear water, you were so thirsty you couldn't believe it wasn't good enough to drink. I had a hard time convincing the men that they shouldn't drink it. The real young ones — you take away their hope, you take away their water and food, they would drink and then would go fast. I can remember striking men who were drinking water to try and stop them.

Wasn't hypothermia another problem?

The water in that part of the Pacific

was warm and good for swimming. But body temperature is over 98 and when you immerse someone up to their chin in that water for a couple of days, you're going to chill him down. Everybody was tied together and they all had severe chills. And after they were chilled, they ran a fever and became delirious. And then everybody started to fight. They were out of their minds. A lot of men were killed that night. A lot of men drowned. We untied ourselves and everybody scattered in all directions. And when we got back together the next day there were a hell of a lot fewer. It was mass hysteria. You became wary of everyone. It was a beautiful moonlit night and we were drifting in these big seas. You'd see somebody and back off, and they'd back off. Till daylight came, you weren't sure.

Did you have any encounters with sharks?

I saw one shark. He went around in front of me in the afternoon. I remember reaching out trying to grab a hold of him. I thought maybe it would be food. However, when night came, things would bang against you in the dark or brush against your leg and you would wonder what it was. But honestly, in the entire 110 hours I was in the water, I did not see a man attacked by a shark. However, the destroyers that picked up the bodies afterward found 56 of them were mutilated by fish. Maybe the sharks were satisfied with the dead; they didn't have to bite the living.

Did you ever see planes?

I think we saw five or six planes. You know, it's very hard to see people in the water. And they weren't looking. We all splashed. There was never a steady stream of planes, two would go over and then there would be a day without anything. And they were all high up; none of them were low until the plane that found us.

What happened when the first plane came to rescue you?

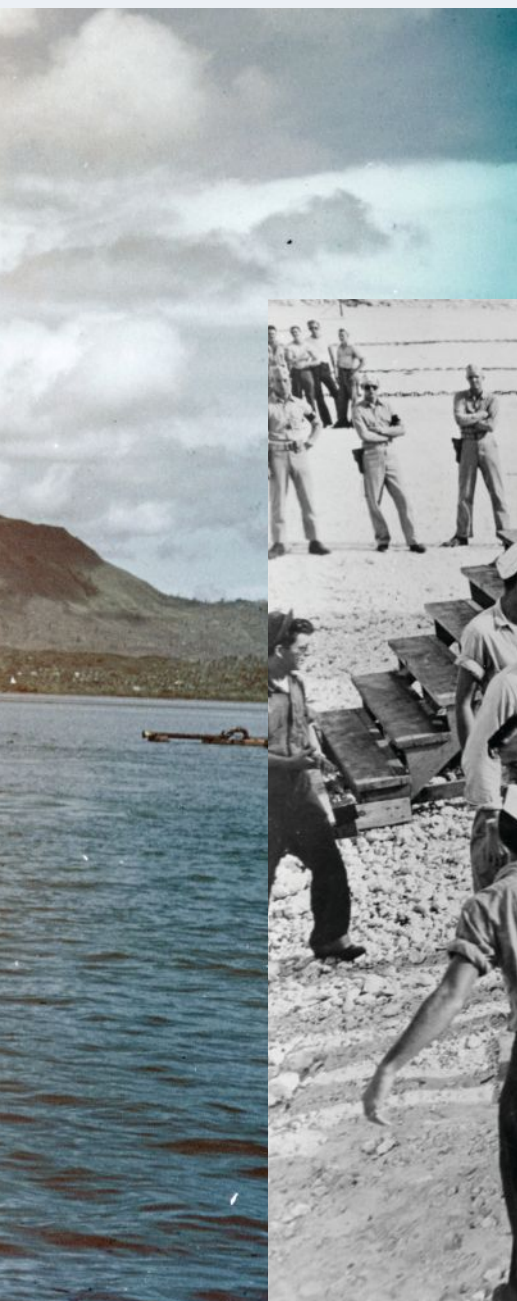
By then we were in very bad shape. The life jackets had become waterlogged. They're only good for about 48 hours. We were sunk down to about the level of your shoulders in the water and you had to think about keeping your face and head out of water. And I knew we didn't have very long to go. The men were semi-comatose. We were all on the verge of dying when suddenly this plane flew over.

What was the men's reaction?

None. When you're in a long period of suffering, and I've seen this in patients since, this becomes your way of life. We weren't too excited about it. And then the pilot began to drop things and our main thought was water. He dropped life jackets with canisters of water but they ruptured. So we went back to what we were doing. Then he dropped rubber life rafts.

How soon after the plane landed in the water were you picked up?

I landed in the afternoon and I was picked up at 4 o'clock the next morning.



Waterbury native died comforting others

BORN AND RAISED in the Brass City, Lt. (Rev.) Thomas M. Conway attended LaSalette Junior Seminary in Hartford before eventually being ordained to the priesthood.

He enlisted in the Navy in 1942 at age 34. He was ship chaplain aboard the *USS Indianapolis*. A Catholic priest, Father Conway went into the water with 900 men when Japanese torpedoes struck the ship and it sunk in 12 minutes.

His heroism was sworn to by several survivors.

Signalman Frank J. Centazzo, of Bristol, Rhode Island, later wrote: "Father Conway was in every way a messenger of our Lord. He loved his work no matter what the challenge. He was respected and loved by all his shipmates. I was in the group [in the water] with Father Conway. I saw him go from one small group to another getting the shipmates to join in prayer and asking them not to give up hope of being rescued. He kept working until he was exhausted. I remember on the third day late in the afternoon when he approached me and Paul McGinness. He was thrashing in the water and Paul and I held him so he could rest a few hours. Later, he managed to get away from us and we never saw him again.

"Father Conway was successful in his mission to provide spiritual strength to all of us. He made us believe that we would be rescued. He gave us hope and the will to endure. His work was exhausting and he finally succumbed in the evening of the third day. He will be remembered by all of



U.S. NAVAL INSTITUTE, A. J. SEDIVI COLLECTION

the survivors for all of his work while on board the 'Indy' and especially three days in the ocean."

Dr. Lewis Haynes, in his survivor's account, said, "Father Conway was a big help. He took part in burying the dead and he gave a lot of solace. He totally exhausted himself. He finally died. Another man was supporting Father Conway and he called me and said he couldn't hold him any more. And I took over holding the father. He was delirious. We tried to hold him and eventually he went into a coma and we let him go."

Last year, on the 70th anniversary of the *USS Indianapolis* sinking, the city of Waterbury unveiled a bronze memorial statue of Father Conway, placing it outside the Basilica of the Immaculate Conception, which was Father Conway's home parish. It shows Father Conway in the ocean holding a drowning sailor. It was created by sculptor Andrew Chernak, the sculptor of the National Gold Star Mother's Memorial.

"It's important to honor Father Conway because he obviously was a heroic priest,

born and raised in Waterbury," says Bob Dorr, secretary of the Waterbury Veterans Memorial Committee. "Every book published [about the *Indianapolis*] told the story of Father Conway, and now he will never be forgotten because of the statue — a permanent public display in Waterbury.

"We know that 67 men survived in the group that [Conway] helped supervise," Dorr says. "Only God knows how many souls he saved. We know that while in the water he continued his pastoral duties, by providing last rites, hearing confessions and baptizing the unbaptized."

In 2014 the Waterbury Veterans Memorial Committee sought to have Father Conway awarded the Navy Cross, the second highest Navy Combat decoration.

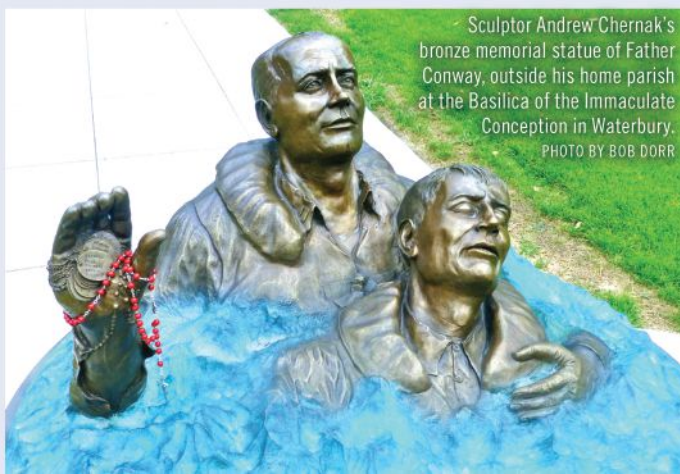
"I was the person who assembled all the data," says Dorr. "We contacted the offices of Senators Christopher Murphy and Richard Blumenthal. We asked that they use the power of the Senate by introducing a resolution awarding the Navy Cross to Father Conway.

"And they did that for us. And we used that resolution as a vehicle to gather information in support of the Navy Cross being awarded. We submitted it all to the secretary of the Navy in September 2014. It was transmitted by both U.S. senators to the secretary of the Navy, Ray Mabus, at the Pentagon.

"In January 2015 the secretary of the Navy, through an intermediary, rejected the Navy Cross being awarded on procedural grounds, because there were no living officers a pay grade above Father Conway that actually signed the application. Even though every surviving member of the crew of the *Indianapolis* signed the request. That's the Navy."

Father Conway was the last Catholic chaplain to die in World War II.

"I saw him go from one small group to another getting the shipmates to join in prayer and asking them not to give up hope of being rescued. He kept working until he was exhausted." — Frank J. Centazzo, survivor



Sculptor Andrew Chernak's bronze memorial statue of Father Conway, outside his home parish at the Basilica of the Immaculate Conception in Waterbury. PHOTO BY BOB DORR

Morris scapegoat tormented to the end

IF THERE WAS ONE truly tragic figure who survived the sinking of the *USS Indianapolis*, it was its leader, Capt. Charles B. McVay III.

While most everything about what happened on July 30, 1945, was black and white, McVay's involvement, and the rest of his life, were bathed in gray tones.

The *Indianapolis*, with McVay at the helm, trekked unaccompanied on a secret mission from Pearl Harbor to the Pacific island of Tinian, arriving July 19, 1945, carrying the world's first atomic bomb, nicknamed Little Boy, which would be dropped on Hiroshima soon after.

Eleven days later, the *Indianapolis* was torpedoed and sunk by a Japanese submarine. McVay would survive the 100 hours in the ocean with 316 other men, but sadly, his troubles would not be over after his rescue. Not by a long shot.

A Navy Court of Inquiry recommended



COURTESY OF USS INDIANAPOLIS MUSEUM

McVay be court-martialed over the sinking because he had not zig-zagged the *Indianapolis* to make it difficult for a submarine to lock in on it. There were many mitigating circumstances, including that it was McVay's discretion to zig-zag, not a formal order.

Also, McVay had requested that the *Indianapolis*, a cruiser, be escorted by a destroyer, since it was built for speed and

did not have the capability to defend itself well. The request was denied.

McVay was also unaware that a Japanese submarine within range of his path had recently sunk the *USS Underhill*.

And incredibly, with the war having ended, the commander of the Japanese submarine that sank the *Indianapolis*, Mochitsura Hashimoto, was brought to the court-martial in Washington. In pre-trial statements he said that he had the *Indianapolis* dead to rights, and that zig-zagging would have been fruitless.

Nevertheless, McVay was found guilty and court-martialed. Most people felt that he was a fall guy for the Navy, which needed a scapegoat for such a catastrophic event. While McVay was eventually promoted to

rear admiral when he retired in 1949, the conviction effectively ended his career.

Fairfield's Dr. Lewis Haynes, an *Indianapolis* survivor who attended the court-martial proceedings, talked about McVay in an interview years later.

"I don't know of a single man on the ship who thought he should be court-martialed," he said. "Give Hashimoto his due. They asked him if Capt. McVay had



Last photo of officers of the *USS Indianapolis* before leaving California with the A bomb. Front row, from left, Cmdr. Page Hill; Capt. Charles McVay III; Cmdr. Joe Flynn; Cmdr. Glen F. DeGrave; back row, from left, Lt. Cmdr. C.M. Christiansen; Lt. Cmdr. K.C. Moore; Lt. Cmdr. Dr. Lewis Haynes; Lt. Cmdr. Earl Henry; Lt. Cmdr. Charles Hayes. U.S. NAVAL INSTITUTE, A. J. SEDIVI COLLECTION

been zig-zagging, would it have made any difference? And he said no, it wouldn't have made any difference at all. All he would have done was to change course a little bit. And they asked several submarine skippers they brought in the same thing. They also said that zig-zagging didn't make any difference. Not one of the shining moments in Navy history."

Michael Emery, whose uncle, William Friend Emery, went down with the ship, has been to several *USS Indianapolis* reunions of survivors and lost-at-sea families.

"The first one was in 1960, and Capt. McVay showed up," he said. "Survivors I talked to about it who were there

said it was amazing. They'd invited McVay. He didn't know if he should go, but he did. When he walked into the banquet hall, everyone stood up at attention and saluted him."

Brothers Allan and Scott Linke live in Ridgefield and work in senior positions at Merrill Lynch in Stamford. Capt. McVay was their grandfather, though not by blood. They have warm memories of the man who spent lots of time with them.

"Our father's father was a Naval officer in Washington, D.C.," explains Allan. "He was married to our grandmother, who had known Capt. McVay socially. When their spouses both died, [Vivian and Capt. McVay] got married, and moved to her home and farm in Morris, Connecticut.

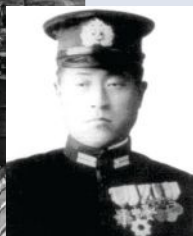
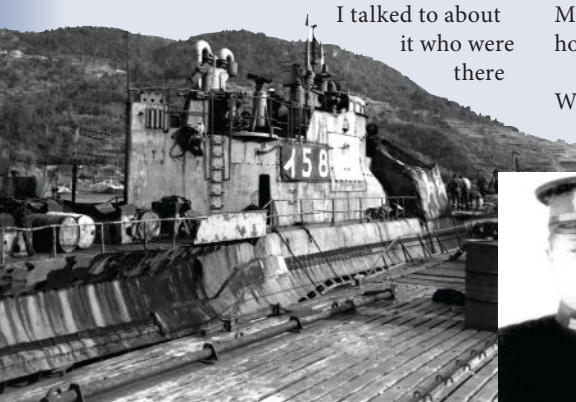
"Scott and I were little kids, living in Washington, and we used to go up there for a few weeks every summer. It was great fun. There were horses and a pool. We'd go fishing in the ponds. He'd get us up at five in the morning to go catch frogs, then we'd

"I don't know of a single man on the ship who thought he should be court-martialed. ... Not one of the shining moments in Navy history." — Dr. Lewis Haynes

have frog legs and eggs for breakfast."

Allan Linke recalls that he had no idea at the time about their grandfather's history. Once he learned it, he knew he'd gotten a bad deal.

"He was a great man," he says. "Capt. McVay was the kind of guy who would rather have gone down with his guys than survived. [The court-martial] was a failure by the Navy.



The Japanese submarine *I-58*, which torpedoed and sank *USS Indianapolis*, at Sasebo, Japan, Jan. 28, 1946. U.S. MARINE CORPS PHOTOGRAPH (PHOTO NO. USMC 139990)
Inset, Mochitsura Hashimoto, commander of *I-58*. WIKIMEDIA COMMONS

New films resurrect the Indianapolis

IT REMAINS ONE OF THE most powerful and poignant scenes in movie history.

On a vessel late at night in 1975's *Jaws*, Quint the shark hunter (Robert Shaw) tells spellbound police chief Martin Brody (Roy Scheider) and oceanographer Matt Hooper (Richard Dreyfuss) a first-person account about the fateful sinking of the *USS Indianapolis* ... and its agonizing aftermath.

"Eleven hundred men went into the water," he says at the dramatic climax. "316 men come out. The sharks took the rest, June the 29th, 1945. Anyway, we delivered the bomb."

He had the date wrong (it was July 30, 1945), and nowhere near that many men were killed by sharks, but it was the first time most people heard the true story of what was the worst at-sea loss of life in the history of the U.S. Navy.

"I saw *Jaws* with my mom and dad at the Darien Theater on the Post Road," says Michael Emery, whose paternal uncle, New Canaan's William Friend Emery, was onboard the *Indianapolis*, and perished. "We didn't know anything about it except

that it was a movie about sharks. When the *Indianapolis* part suddenly came up I remember my dad squirming in his seat, really uncomfortable. I was hoping the scene would go by as quickly as possible."

Now 70-plus years later, two new films, a Hollywood production and a documentary, feature the doomed ship's story.

USS Indianapolis: Men of Courage

Nicolas Cage stars as Captain Charles B. McVay III in *USS Indianapolis: Men of Courage*. Directed by Mario Van Peebles, it is a mostly accurate account of the ship and its men, with a fictional love story added. It's currently available through streaming and on demand, and is scheduled to arrive in U.S. theaters on Veterans Day, Nov. 11.

"The producers invited us [survivors and families of men lost] to Mobile, Alabama, last summer during filming," says Emery. "I wanted to meet all the actors, which I did. We want it to be as truthful as possible."

Emery says he understands the decision to add the love story.

"They're trying to tell the story but also draw in as many people as possible."

McVay's death was officially ruled a



HANNIBAL CLASSICS

suicide, but Emery had received conflicting information.

"I once met Capt. McVay's son, Charles McVay IV, in Boston," he says. "We had a nice chat. I asked him about his father's death.

"We're not direct relatives, but my son's middle name is Charles, after him. And our sister has a daughter whose middle name is McVay."

On Nov. 6, 1968, Capt. Charles B. McVay III put on his uniform and stepped outside his home. With a toy sailor in one hand and a revolver in the other, he brought the gun to his head and took his life.

"I used to play with that toy sailor," says Scott. "Allan and I were told he died in a hunting accident. It wasn't until I was in college that I learned he committed suicide. We hadn't been allowed to go to the funeral. Our parents told us a gun backfired in an accident and he died."

In hindsight, the brothers are not surprised by what happened, because Capt. McVay was never allowed to fully put the *Indianapolis* behind him.

"He was tormented," Scott says softly. "He would get letters in the mail at Christmas from people whose relatives died in the water, saying, 'You son of a bitch, I hope you're enjoying your holiday, because you killed my son, my son's dead.' They would arrive and he would open them and read them."

"Other times of the year he would get letters saying, 'You bastard, today's my

son's birthday, he would be 23,' or whatever his birthday would have been."

There were vitriolic phone calls as well.

In October 2000, Congress passed a resolution that McVay be exonerated for the loss of the *USS Indianapolis*. President Clinton signed the resolution. In July 2001, Secretary of the Navy Gordon R. England ordered McVay's official Navy record to be

purged of all wrongdoing.

The Linke brothers have pictures of Capt. McVay, his medals, American flag and other keepsakes, including something that probably belongs in a museum.

"He had a little shed where he used to build wooden replica ships," says Allan. "I have two of them. One is of the *USS Indianapolis*."



He said that his family felt it wasn't a suicide. He said his dad liked to go out in his service fatigues and shoot his revolver in the woods, and was in good spirits that day. He believed his father slipped because it was raining.

"I asked Nicolas Cage how he was going to play the suicide scene. I told him what Capt. McVay's son had told me. Cage said that he'd done a lot of research, and felt that Capt. McVay fell on his sword. That on that day he was the last person to die on the *Indianapolis*."

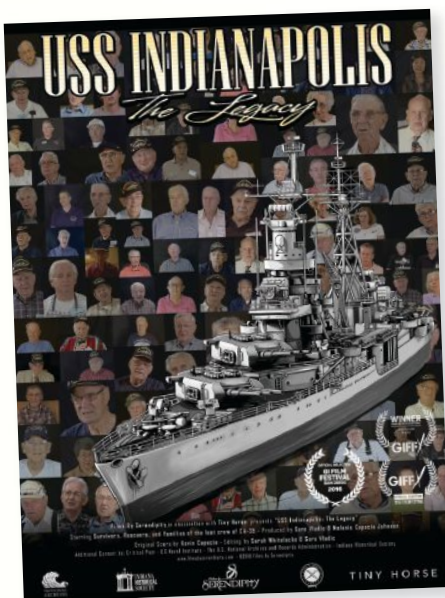
USS Indianapolis: The Legacy

The documentary, *USS Indianapolis: The Legacy*, which opened this year to wide praise, was nearly 15 years in the making. Filmmaker Sara Vladic says she "became intrigued by the *USS Indianapolis* story when I was about 13 years old. I couldn't believe it was a real event, so I went to the library, and started researching."

"After graduating college and realizing nobody had told the story yet, or at least not done it justice, I began reaching out to the *USS Indianapolis* survivors — and the journey began."

Vladic would interview 104 survivors or family members of those who lost their lives.

"Being able to share the stories of these men, who paid the ultimate price, was something very important," she says. "We



wanted to make sure someone spoke on their behalf in the film. Stories such as the one of William Emery, whose life was tragically cut short, should be recognized. He was a man with aspirations to do great things. Three-fourths of the *Indianapolis* crew did not come home, and many of those who died had similar stories to Emery. Good men, whose lives ended way before their time, and with family members left behind to grieve fiercely.

"What Michael Emery and so many others do to keep the stories of their loved ones alive is very important, and we hope that our film pays respect to all of the men and families whose lives were forever changed that day in July 1945."

"Capt. McVay was beloved by the crew. He came from a long line of respected Navy men and did a tremendous job of running his ship. Former crew, and those who survived the sinking, have all shared stories with us



Sara Vladic in 2005. IMAGES COURTESY OF FILMS BY SERENDIPITY

about how much they respected him, often calling him their favorite captain. They were deeply affected by his court martial, and still believe he should never have been found guilty for the loss of the ship."

| MICHAEL CATAREVAS |

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the connecticut table

REVIEWS, FEATURES, RESTAURANT LISTINGS

Farm to Factory

HARTFORD'S FIREBOX IS NOSTALGIC AND OPTIMISTIC IN ITS FOOD AND OUTLOOK

BY MICHAEL LEE-MURPHY

In a fireplace, the firebox is where the action happens. It's where the flames go to work, and where the raw product of the wood is turned into heat and warmth. The name of Hartford's Firebox restaurant in the Billings Forge complex is a nod to an industrial history of production, when pressure, heat, work and steam come together to create something altogether new and interesting.



Cast iron duck
PHOTOS BY JULIE BIDWELL

The restaurant blends the rustic with the industrial, earth with steel. Firebox has been a staple of the Hartford food scene since it opened in 2007, but recent changes in the kitchen have ignited a new spark of energy. Executive chef Renee Touponce started this past August, taking over from Tony Camilleri, who had himself only started in April. Touponce previously worked as Firebox's sous chef for a year and a half, after working as the sous chef at First & Last Tavern in Avon.

According to Touponce, the vast majority of the restaurant's food is locally sourced from Connecticut farms and waters. The farm-to-table aspect of the restaurant is a major source of pride for

Firebox — the farms the restaurant uses, along with their locations, are listed in the margins of the menus.

"That's what Firebox is known for — which I think is really great — is that we are trying to support our local farmer, and also use



Firebox Hartford

this great product that we get from them," Touponce says. Every Thursday she stops in to the Billings Forge farmers market around the corner to see what is available, and she says farms will deliver produce to the kitchen two or three times a week. Much of her produce comes from Root Down Farm in Simsbury, she says.

During a September visit to the restaurant, two menus appealed to two different flavor palates. The early evening tavern menu had smaller portions, meant for snacking while sampling the modest but well-curated beer selection. The tavern menu had several classic New England favorites, like oysters and mussels, but also included slightly more exotic dishes like bone marrow and chicken liver mousse (both from Four Mile River Farm in Old Lyme). Both the mousse and the marrow are rich and intense, and are served simply, with crusty bread on which to spread. For a more familiar taste, the smoked bluefish spread with salt and vinegar potato chips was excellent alongside a local beer like a lager from Branford's Stony Creek. The bluefish is smoked in-house, along with house-made chips, and the salty-smoky combination worked perfectly. Other standouts included the meatballs, which came with a light and creamy whipped ricotta and arugula.

The entrées on the regular dinner menu, while perhaps a bit more traditional, were balanced and delightful. Touponce says the duck, which was tender and moist and



Above, bluefish dip with meatballs; at right, chocolate pudding.

served over a brussels sprout goat cheese salad with hominy grits and pistachios, is one of the most popular dishes on the menu.

So what's to be expected on the new menu? Touponce says her main task is to keep the menu honest, staying true to the farm-to-table template that is already in place. "My main goal is to take whatever product that we get from them that is seasonal right now, and just amplify it, and make it the best we can. I don't want to mask anything that I get in and change it into something that it's not," the 29-year-old says. She explains that the fall season will bring new menu items involving more seasonally appropriate offerings. "There's gonna be a lot more root vegetables. There's gonna be rutabaga, parsnips, beets. There's





Clockwise from top left, the restaurant's exterior; chef Renee Touponce; dining area and bar; chicken liver mousse with a Manhattan cocktail.

There's a lot more spices you can work with, with allspice, cinnamon, nutmeg, butternut." While some classics like the bone marrow and the chicken liver mousse will remain, the new dishes will be more reflective of her identity as a chef, she says.

Situated in the Frog Hollow neighborhood, and just down the block from newspaper offices and the State Capitol, Firebox attracts a crowd that spends its days making policy and newsprint. The main dining room is defined by its high ceilings, with exposed brick walls and ventilation pipes. Local beers and cocktails adorn the drink menu. The salted chocolate pudding, with the utterly wonderful addition of extra virgin olive oil, capped off a meal with tastes that were alternately simple and elegant, and rich and gutsy.

Firebox's profits are cycled back into the nonprofit Billings Forge Community Works, which operates the farmers market, job-training cooking classes, a garden, and youth programs for the children of Frog Hollow. In a neighborhood once defined by the factories on Capitol Avenue, Firebox taps into an industrial heritage, but looks forward to a sustainable, well-fed future.

Firebox

539 Broad St., Hartford
860-246-1222, fireboxrestaurant.com

Hours: Mon. private parties and special events only; Tue.-Fri. lunch 11:30 a.m.-2:30 p.m., dinner 5:30-10 p.m.; Sat. dinner 5:30-10 p.m.; Sun. brunch 11 a.m.-2 p.m., dinner 4:30-8:30 p.m.

Price range: **Tavern menu:** \$8-\$24 (meatballs with whipped ricotta \$12; chicken liver mousse \$11; bone marrow \$12; bluefish dip \$9); **Entrées:** \$23-\$38 (duck with goat cheese, sprouts and hominy grits \$34; salmon over farro with ginger \$28); **Desserts:** \$9 (chocolate pudding)

Wheelchair accessible

AMBIANCE Firebox's high ceilings and exposed pipes give the place an industrial feel, with large windows looking out onto Broad Street. The bar area is spacious and airy, with the taps made out of old machinery, in homage to the building's history.

SERVICE Approachable, if swift and focused.

FOOD The intense, unique tastes of some dishes may be a turnoff for some, and exquisite and exciting for others. (My dining companion and I differed on the bone marrow.) Entrées were cooked to perfection, while accented by surprising flavor combinations. (Locally caught salmon over farro with ginger? Incredible.)



Sherry Pocknett at work in the kitchen.



Delicious 6THANKSGIVING RECIPES

With a Native Twist

For the indigenous
people of the region,
Thanksgiving
is much more than a
once-a-year celebration

By Erik Ofgang

WE HAVE A THANKSGIVING FOR EVERY SEASON," says Sherry Pocknett, executive chef at the Mashantucket Pequot Museum & Research Center in Mashantucket. Pocknett, a member of the Mashpee Wampanoag tribe, grew up on Cape Cod in the '60s. "Our parents taught us how to forage for ourselves. We had to learn everything about harvesting, and about being thankful."

As a professional chef, Pocknett has learned to incorporate the native traditions and indigenous ingredients she was taught as a child into celebrated dishes, some of which have modern flair. She agreed to share some of her favorite Thanksgiving dishes with *Connecticut Magazine*. These dishes use traditional flavors and ingredients from Connecticut and the surrounding region.

"In the Eastern Woodland area we kind of eat the same with the exception of a few different things," Pocknett says. "For instance, a lot of mushrooms are harvested here, versus where I grew up on Cape Cod we didn't really harvest mushrooms."

This rich cultural history is also delicious and any one of the dishes below is guaranteed to be the talk of the table at your Thanksgiving Day feast.

Those unskilled in culinary arts who still want to enjoy this traditional-style cuisine can try many of these dishes at the Pequot Museum restaurant run by Pocknett. She will also prepare all these dishes at a special Native Thanksgiving dinner on Nov. 19 from 3 to 5 p.m. Tickets are \$70 and available through the Pequot Museum.

Photos by Kim Fuller Photography

CORN CAKES WITH CRANBERRY CHUTNEY

"What I love about the corn cakes, it's like corn bread, just grilled," Pocknett says. She adds, "It's really a good treat versus your regular dinner roll. It's quick, it's easy and flavorful. We put cranberries on it because it's cranberry season."

The dish is derived from the Johnnycake, "a traditional food staple in the 1600s diet," she says. "Before it was called the Johnnycake, it was called a Journey Cake. This is what native people would take when they would go out walking for days because it didn't spoil."

Corn cake ingredients

2 cups cornmeal
1 cup flour
2 teaspoons baking powder
1 teaspoon baking soda
1 tablespoon salt
1 tablespoon cracked black pepper
1 bunch chopped scallion greens
1 cup sundried cranberries
1 cup corn (fresh cut off the cob or frozen)
1 cup sunflower oil
1 to 2 cups hot water

Combine all ingredients, with the exception of the water, and mix well. Add water one cup at a time so the mixture is the consistency of a thick hot cereal. Ladle onto a hot griddle with sunflower oil and cook until golden brown on both sides.

Cranberry chutney ingredients

1 lb. washed cranberries
2 lbs. washed and hulled strawberries
4 cups sugar
Juice of 1 lemon
Dash of salt

Place all ingredients in a stock pot and cook on low heat until it cooks down, becomes thick and half the size. This will take about 40 minutes.



VENISON TENDERLOIN WITH BEACH PLUM REDUCTION

Native Americans avoid eating venison in the warmer months because the deer get skinny during the winter and need time to bulk up. Come Thanksgiving, venison meat starts to be consumed again. "As soon as it gets cold, that's when I start craving venison," Pocknett says.

The beach plum reduction is a way to flavor the meat that is in keeping with traditional approaches. "We like to use very little seasoning and herbs in our food. Anything that is indigenous to New England or this area of Connecticut, this is what we like to try and use. It's the most fresh and most flavorful when it comes from the region."

Venison tenderloin ingredients

3 lbs. venison tenderloin
2 tablespoons sea salt
1 tablespoon cracked black pepper
2 garlic cloves, finely diced
½ cup olive oil

Season tenderloin with all the ingredients overnight. Place the venison on a hot charcoal grill and sear all sides. Remove from grill and place in a 500-degree oven for 5 minutes. Remove from oven and let rest. Do not overcook, as venison is lean and will be tough. It should be a medium rare.

Beach plum reduction ingredients

Harvest 4 cups of beach plums
1 teaspoon salt
Juice of 1 lemon

Place all ingredients into a small saucepan and reduce until thick and silky. If you do not have access to fresh beach plums, you can use a jar of beach plum jelly and warm on the stove over low heat.



MAPLE-BRINED TURKEY WITH QUAHOG STUFFING

Wild turkeys were hunted and consumed in what would become Connecticut long before the first European settlers arrived. Pocknett says she likes to use a heritage turkey brand because “they’re more of a wild turkey.” She says, “If you try this recipe, you’re never going to cook your turkey any other way, I promise you.”

She adds, the recipe incorporates “a lot of things we use every day out of the woods for medicine, for cooking. Those are the best ways to really enhance your food and get the whole New England experience, the whole Native American experience, because let’s face it, Native American, New England, it is all really one.”

Turkey

20-lb. heritage breed turkey (go to buyctgrown.com/connecticut-turkey-guide for a list of state farms)

Brine ingredients

8 quarts water
2 cups kosher salt
2 cups real maple syrup
4 sprigs fresh thyme
4 cedar needle fronds
1 bulb garlic, finely minced
¼ cup whole black peppercorns

Quahog stuffing ingredients

2 sticks butter
3 medium onions, diced
3 cloves garlic, finely minced
6 stalks celery, chopped
2 cups quahog meat, finely chopped
10 sleeves Ritz crackers, crushed
1 loaf diced white bread left out to air dry
3 tablespoons Bell’s Poultry Seasoning
1 teaspoon black pepper
1 cup quahog juice (if needed)

Preparing turkey

Bring water to a boil and add all the ingredients so they dissolve and set aside the brine to cool. Once the brine is cool, place turkey in the brine so that the entire turkey is covered. A five-gallon bucket works perfectly. The turkey should brine overnight in a refrigerator.

SASSAFRAS MARTINI

This cocktail uses a traditional ingredient, sassafras, to power a modern cocktail. It is perfect for sassafras tea drinkers and martini lovers. “This is the best martini I’ve ever tasted,” Pocknett says. Her vodka of choice is Ketel One; as far as the sassafras roots, well, you’ll have to harvest those yourself. Fortunately the plant is abundant in the Connecticut countryside. “It’s everywhere. It’s probably in the backyard of your woods,” Pocknett says.

Ingredients

6 medium-sized sassafras roots harvested in the woods
10 cups water
1 cup pure white cane sugar
1 cup vodka

Sassafras simple syrup

Place water and sassafras roots in a stock pot. Boil until the liquid is a dark amber color and is reduced by at least half. The more reduced, the stronger the sassafras flavor. Add sugar and cook until dissolved and then let this mixture cool.

For an 8-ounce martini, add 5 ounces of sassafras simple syrup to 3 ounces of vodka. Garnish with four fresh cranberries and a sassafras twig.

For an added treat, the rim of the martini glass can be dipped in the sassafras syrup and then dipped in brown sugar.



Preparing stuffing

In a large cast-iron skillet, add the butter, onions, garlic, celery and sauté until it is well done. Then add quahog meat to this mixture and cook on medium heat until it is just barely cooked (about five minutes).

In a bowl, add Ritz crackers, bread, Bell’s seasoning, black pepper and the mixture from the cast-iron skillet. Mix thoroughly. Depending on the amount of liquid from the quahogs, you may need to add quahog juice to this mixture so that the consistency is just moist and not dry.

Remove turkey from brine, drain and dry. Put stuffing in the cavity and salt, pepper and garlic the outside of the turkey. Take a brown grocery bag and slide over one side of the turkey and the baking pan. Take a second bag and slide this over the other side of the pan and turkey. You may need to cut the second bag to fit over the first bag. The brown bags should go over both the turkey and the pan. Do not place the turkey in a brown bag and then put that into a pan. Place the turkey and pan that are covered with the two brown paper bags in a 375-degree oven for about three hours until the inside temperature of the turkey is 165 degrees.

EASTERN STUFFED PUMPKIN

Ingredients

8- to 10-pound pumpkin
2 tablespoons sunflower or olive oil
1 large onion, roughly chopped
4 chopped garlic cloves
2 pounds cubed venison stew meat
1½ cup wild rice, cooked
1½ cup brown rice, cooked
1½ cup white rice, cooked
1 cup whole kernel corn
1 cup kidney beans
1 cup cubed butternut squash, cooked
1 cup diced sunchokes (aka Jerusalem artichokes), cooked
1 cup dried cranberries
½ cup whole cranberries
½ cup chopped kale
1 cup minced scallion
½ cup maple syrup
½ teaspoon cracked black pepper
1 teaspoon salt
Optional: ½ cup toasted, salted pumpkin seeds

Preheat oven to 400 degrees. Cut top from the pumpkin and remove the strings and put the seeds to the side.

Place pumpkin on a parchment-lined sheet pan and bake at 400 degrees for 25 minutes. Do not overcook. Remove pumpkin from oven and let stand.

Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the venison cubes, onion and garlic to the skillet, stirring occasionally until they are browned for about 1-2 minutes. Add enough water to cover the meat, onions and garlic and turn heat to low, place a cover on the skillet and let simmer until meat is tender (this will take about 45-60 minutes).

In a large bowl, combine all the rices, corn, beans, squash, sunchokes, both cranberries and maple syrup.

In a separate small skillet, add 1 tablespoon sunflower oil and sauté kale and scallions for 1-2 minutes until they are vibrant green and wilted.

Mix all ingredients together and stuff back into the pumpkin and serve.

Toasted, salted pumpkin seeds may be used as a garnish. Makes 10-12 servings.



CRANBERRY PEAR CRISP

Ingredients

2 sticks salted butter
2 cups brown sugar
3 teaspoons cinnamon
2 cups cubed white bread
2 cups fresh cranberries, roughly chopped
2 cups pears, roughly chopped
1 cup chopped walnuts
4 cups oatmeal
¼ teaspoon nutmeg
1 teaspoon salt
Juice of 1 lemon

“That is my favorite winter dessert,” Pocknett says, adding that the pears cut through the tartness of the cranberries. “It really does something good for the cranberries. It makes those cranberries happy, I like to say.”

Melt one stick of butter and place in the bottom of a 9-inch-by-12-inch baking dish. Take ½ cup of brown sugar and one teaspoon of cinnamon and sprinkle on top of the melted butter. Layer bread crumbs on top of the sugar and cinnamon mixture. Mix cranberries, pears, walnuts, oatmeal, nutmeg, lemon and salt in a bowl and place on top of the bread crumbs. Melt the remaining cup of butter and drizzle over the top. Cook in a 375-degree oven for 30 to 40 minutes. Makes 8-10 servings.



Hello, Halal

THE HALAL GUYS BRINGS A DISTINCTLY NEW YORK CITY STREET FOOD TO NEW HAVEN

BY MICHAEL LEE-MURPHY

In recent years it has been pretty common to see a food truck that had its origins as a brick-and-mortar restaurant. The transition makes sense — people who like a particular restaurant's food will wait outside in the elements for another taste. But what if your food cart has developed enough of a following that you can create an entire fast food chain around the world?

That's the story of The Halal Guys, which opened its first Connecticut location on Chapel Street in New Haven in September, with half-hour wait times. The franchise's owner, Jack Yeung, calls it "an overnight success, 25 years in the making." Yeung is a native New Yorker, and has been a fan of the food carts for two decades. "I've been waiting for them to allow us to franchise," he says.

Part of the reason for the lines is the franchise has, in Yeung's words, "teased the market" for six months. This meant putting up signs announcing the restaurant was coming well before the actual opening. So when the opening finally came, the unusually discerning New Haven lunch crowd was ravenous.

The Halal Guys is perhaps the most famous proponent of a particular New York City-style street food usually sold from mobile carts on Midtown Manhattan street corners. The Halal cart proliferated in the early 1990s, catering to cab drivers who needed cheap and filling food that was also prepared according to Islamic law. The style has grown in popularity. At the original Halal Guys cart at 6th Ave. and 53rd St., it



PHOTOS COURTESY OF THE HALAL GUYS

is not uncommon to see long lines of New Yorkers waiting for a plate off the simple menu: chicken, beef or both, served with rice on a pita or in a platter. That's the whole menu, which is fine, because it works perfectly. The new Halal Guys franchise in New Haven maintains that simplicity, but adds baklava for dessert, along with fountain drinks.

Yeung sees The Halal Guys in the same category of fast-food options with the likes of Chipotle, and above McDonald's and Burger King. The Halal Guys also taps into Middle Eastern food, which Yeung says is an underserved market. The beef is grilled on a vertical spit gyro style, and the chicken is juicy and flavorful. In many ways the centerpiece of The Halal Guys brand is the distinctive "white and red" sauces. The white sauce is creamy and tangy and somewhat resembles Greek yogurt, flavored with garlic and spices. The red sauce is phenomenally spicy, and works well when cut with the white sauce.

The Halal Guys will be open late on Friday and Saturday nights to catch the



downtown bar crowds, and is looking to expand into catering. If you don't live near New Haven, you won't have to wait too long; Yeung has plans for another 15 Connecticut locations.

The Halal Guys

906 Chapel St., New Haven
203-691-5166, thehalalguys.com

Hours: Sun.-Wed. 11 a.m.-11 p.m., Thu. 11 a.m.-2 a.m.,
Fri.-Sat. 11 a.m.-3 a.m.
Wheelchair accessible

Fruit Crostata

BANTAM BREAD COMPANY

Bantam Bread Company is known for its hearty, handmade artisan breads, but the same flour that powers these breads also provides the flaky backbone to some excellent pastries. Among the bread shop's robust dessert offerings are its mouthwatering fruit crostatas (Italian pies). These mini pies, which serve one, have an eye-catching appearance



that made me instantly crave them the first time I saw one. A round, sugar-coated crust is folded over the fruit, leaving

just a small opening. The crust is soft and incredibly flaky and is complemented by fresh fruit flavors, including peach raspberry, strawberry rhubarb, mixed berry and sour cherry. On a recent visit, I opted for the strawberry rhubarb, which was pleasantly tart with a good balance of sweetness.

A true country bakery,



Bantam Bread Company is located in a peaceful section of the state within walking distance of Arethusa's new cafe and its restaurant and dairy shop. As I approached the door, the smell of freshly baked bread wafted out.

The shop is small and unassuming with limited space, so plan on ordering and eating at home or in the car. After finishing my crostata I couldn't resist ordering some bread — options include semolina, whole grain, sourdough and Irish soda bread (on Thursdays). I took home a loaf of multi-grain, which was soft but hearty and, like the crostata, lived up to expectations.

860-567-2737, bantambread.com

| ERIK OFGANG |

The Gourmet Professor

AN EVENING AT FORMER NEW HAVEN COFFEE ICON LULU'S IS AN EDUCATION IN GOOD FOOD

BY SCOTT GRIFFIN

Picture yourself seated on the shady porch of a comfortable bungalow, the sun sliding low and the cool of night quietly rolling in. A large, white ceramic platter appears, with mounds of watermelon and cantaloupe wedges, creamy ricotta, twisted mozzarella and sweet Turkish dates. And there's wine. And laughter. And conversation about relationships, social media dating, work projects, the inspirations for tattoos — or the reasons for remaining sans ink — and the correct hand gestures when speaking Italian.

You're taking it all in, comfortable and laughing, and the appetizers have only begun. Next there's a swath of a dish layered with slices of English cucumber marinated in lemon juice, olive oil and honey. And then your host brings out a small, hot cast-iron skillet with a baked brie topped with toasted pecans, apricots and figs. (Yes, snap a photo with your phone. It's gorgeous.) Spoon it over warmed chunks of homemade sourdough bread and bask in it all.

And don't forget to take notes, because this is, after all, a class.

The teacher is Lulu deCarrone and her "students" are being educated about the joys of the dinner table. It's not just the food, which is unanimously glorious, but also the atmosphere.

DeCarrone ran Lulu's European Coffee House in New Haven's East Rock neighborhood for more than two decades. It's where she held court with regulars and became known for her strong brew's



Above, Lulu deCarrone holds court in her kitchen. Bottom of page, ricotta gnocchi. PHOTOS BY CHRIS RANDALL

nearly addictive qualities and her dictator-like ban on computers and phones inside the cozy, artsy room. "Put it away," she demanded. "Speak! Sip! Mangia!"

DeCarrone has deep roots in the New Haven food scene. Before the coffee shop, she owned an upscale bakery and catering business, and her father, Willie Mac Nuzzo, owned two beloved neighborhood restaurants — Sanitary Lunch on Wallace Street and Lynn's on Grand Avenue.

She sold the coffee shop early in 2015 and walked away with her European-inspired love of food, drink and fellowship still intact. Then came the idea to combine everything she loved about Lulu's and to teach cooking and baking, and a new venture called Around Lulu's Table was launched. And it is, literally, at her dinner table and in her kitchen that she's spreading

the gospel of joyous eating and conversation.

And for a person wanting to learn, but feeling intimidated by the thought of "gourmet" cooking, she redefines it. To deCarrone, "gourmet" means "really high-quality food cooked well."

"What I wanted to do was take the word 'gourmet' away so that people could come in like this and just enjoy cooking. Get full of flour, drop something on the floor, it's OK," she says. "Don't be afraid of the process."

Once the appetizer portion of class is finished, the five students stand in a semi-circle in deCarrone's kitchen about to plunge their hands into flour and dough. The main dish for this night's class was gnocchi, and deCarrone, before teaching her guests how to make it, describes in detail the disappointing gnocchi she had recently been served at a local restaurant with a stellar reputation — the pasta was heavy, the sauce was "awful" and the experience was borderline insulting considering the cost.

She starts by showing them a printout of a recipe and giving a brief lecture on the ingredients and the varieties of gnocchi they could make. For this class, it's ricotta gnocchi, a recipe from Italy's Amalfi Coast.

"I'm going to show you," she tells the guests while organizing ingredients on her golden brown butcher block countertop. "But I'm not going to do it."

Each student has a role. Annick McIntosh, a 28-year-old from New Haven, steps up to separate egg yolks. Milford resident Nick Giori, 25, grates the parmesan. Annick's fiancé, Jesse Hemingway, 33, blends the eggs into flour and cheese. Teresa Joseph-Jacobs, 32, of Trumbull, then stirs the mixture all together, with a little



coaching from deCarrone. “Be gentle but deliberate,” she says as she momentarily takes the large spoon and swirls the mixture in the bowl. “Love it. Talk to your dough.”

After the ingredients are sufficiently united, she turns out the lump of dough on the floured countertop and decides it’s not ready — too wet. “What I want you guys to see, what I want you to feel, is how the dough should be,” she tells them, offering a teaching point that a book or YouTube video is unable to share.

So, one by one, the guests wash up and lay their hands on the dough. They squeeze it, prod it, feel the weight, roll it and flip it, getting the truest sense of the moist, sticky dough. With a few sprinkles of flour by Nikki Cole, a filmmaker and former New Haven resident now living in Toronto, the dough is deemed ready. As students knead the dough, deCarrone steps in and demonstrates when any of them aren’t handling it the proper way.

Again, the students take turns using their bare hands to roll a portion of dough into long tubes, then use a pastry bench scraper to cut it into bite-size pillows of gnocchi that are placed on a tray sprinkled with semolina flour. In a few minutes, they’ll be dropped into a pot of boiling water until they float, then scooped into a wide dish and topped with a simple but luscious sauce that is only butter and fresh lemon juice, lightly boiled until it reaches a creamy consistency.

As the pasta lesson has been taking place, a soup pot with a tomato-heavy base for fish stew has been simmering. There’s more foodie-level discussion about ingredients — the virtues of monkfish, the price of halibut — before fish is sliced into chunks by Giori and slipped into the stew being watched by Hemingway. Last to go in will be shrimp, clams and mussels, and when the shells open, everything will be ready for a meal that is, essentially, a graduation celebration.

That celebratory mood during something as simple as dinner with friends — that’s what this group of strangers has quickly



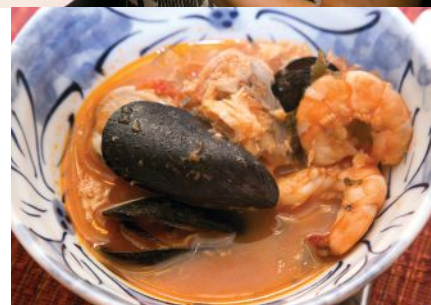
Above, Lulu deCarrone, left, and her students. At right, fish stew. Bottom of page, baked brie topped with toasted pecans, apricots and figs.

become — is what fuels deCarrone’s ambition with her new business, and it’s what made her coffee shop special.

“This is the thing that I love the most,” she says while guests pass plates and trays around her table and eat. “... It’s what I really loved about the store. ... The connection and people coming together and eating good food.”

Giori’s reason for attending was simple. “To learn how to cook amazing food,” he says. “I’d love to do this again at my house sometime.”

Potential guests can tailor their classes, choosing from a wide variety of cuisines from around the world. A group of friends could also schedule an evening session, or multiple classes, but any worries about going solo and feeling uncomfortable around strangers should be ignored. The levels of classes are also flexible — go for just the appetizers and kitchen lessons or get the full package. Prices start at \$85 and more details are available on the website aroundlulustable.com.



LULU’S COOKING TIPS

- The wax paper-covered tray where she keeps gnocchi before cooking is sprinkled with semolina to prevent sticking.
- A regularly made jar of homemade garlic-infused olive oil (slightly sautéed) adds a heavenly, subtle garlic flavor to anything calling for olive oil. “You get a wonderful back taste of subtle garlic.”
- Buy cheese in blocks because the shredded or grated prepackaged cheeses have fillers.
- Buy high-quality food, preferably from a market or fishmonger. In other words, you get what you pay for.
- Weighing ingredients is better than measuring by volume.
- Use any free time, such as when you’re waiting for water to boil, to wash any dishes you’ve used during preparations.
- Take a recipe and change something to make it your own creation. No fear.
- Trust your senses when cooking, especially how something feels or smells. DeCarrone says she can tell when something baking is done just by the smell.



In Good Company

PRESENT COMPANY
OFF AND RUNNING IN FORMER
MILL AT 2T SPACE IN SIMSBURY

BY MARYELLEN FILLO

Executive chef Jeffrey Lizotte has all the credentials: Ivy League schooling, successful stints at Michelin-rated French restaurants, a stellar reputation at one of Hartford's premier restaurants and all the awards and accolades that come with such culinary pedigree.

But what the 34-year-old chef has really wanted to add to his résumé, since he took his first restaurant job as a dishwasher years ago, was a place of his own. He has done that and more with his usual creative intensity at his new eatery, Present Company.

The Tunxis Road location in Simsbury's Tariffville section is well known, having served as the home of another fine eatery, Mill at 2T, owned by married couple Kelleanne and Ryan Jones. When the two decided to relocate south, it was Lizotte's door they knocked on, suggesting this could be the time and place for him to finally open his own restaurant.

He partnered with former ON20 co-worker and veteran Bricco restaurant general manager Tom Gale, and together they fashioned a cooperative dream come

true: an intimate bistro-like eatery, one that combines old-fashioned customer service with an irresistible menu foodies can't resist.

"I wanted to work in something small, intimate; something that would allow me to be creative and closer to the farms that I like to deal with for produce and meats," Lizotte says. "A place that would allow me to take my skills from the city to the country. I have a menu that reflects the things I like about cooking and it feels good to make others feel good, too."

Focusing on a small but season-appropriate menu, Lizotte does what he does



Above, filet of beef "en croute" with potato and green apple dauphinoise, grilled broccoli, hot buttered walnuts. At left, salad of beets appetizer.

PHOTOS BY FAMITA SHAW



best, creating dishes with top-shelf meat, seafood and produce he procures from as close to home as possible.

A recent autumn menu included a salad of local beets — but not just any beets, rather a mélange of fried golden and red baby beets with a freshly made mound of too-good-to-leave-on-your-plate ricotta, artfully garnished with shaved fennel and yuzu.

Trailblazer, New England Style IPA

PIONEER BEER CO./CONNECTICUT VALLEY BREWING CO., SOUTH WINDSOR

Citrusy and bursting with hop aroma, Trailblazer New England Style IPA is a relatively new Connecticut beer worth scooping up if you're lucky enough to find it. IPAs are hoppy, bitter beers, and a New England IPA is a subgenre that has become the "it" beer style of the moment. New England IPAs tend to be unfiltered and are generally juicier, sweeter, less bitter, noticeably more hazy, and have a less heavy mouthfeel than "standard" IPAs. This cloudy appearance is brought on by the lack of filtration and, in some cases, the addition of extra grains to the beer.

Trailblazer is a great example of this increasingly popular style. Since bursting onto the scene 11 months ago, it has been one of the most sought-after and talked-about brews in the

state among beer geeks. As soon as you open the can there is a rich hop aroma reminiscent of a brewery. The beer's flavors are dank and hoppy with a strong citrus punch that balances out the hops



without obscuring them.

Trailblazer is brewed by Pioneer Beer Co., a division of Connecticut Valley Brewing Co., which is building a brewery in South Windsor expected to open by the end of the year. The beer is available prior to the physical brewery's opening because it is being contract-brewed at Shebeen Brewing Co. in Wolcott. When Pioneer announces brewery release dates, lines are long and 250 cases sell out in three hours or less. It can be found on rare occasions at select liquor stores, but right now the only sure way to get it is to watch the brewery's Facebook page for a release date and show up early at Shebeen. The good news for IPA lovers: production will increase when the physical brewery opens in South Windsor.

ctvalleybrewing.com
| ERIK OFGANG |



Also among the six starters is an almost-too-pretty-to-eat fresh sweet corn-stuffed puff pastry vol-au-vent with chanterelle mushroom miso jus.

Main courses for the season include a crispy black sea bass with charred tomato chutney, coco bean and summer squash cassoulet with a black garlic bordelaise. A filet of beef is offered “en croute” and prepared fresh as each order is placed and then served with a pleasantly autumn-tart green apple dauphinoise, fresh grilled broccoli and hot buttered walnuts.

While Lizotte has all the credentials a chef could ever amass, it’s behind the restaurant’s chef’s counter where he shines.

“I do get lost in the food,” he says grinning. “It is my passion.”

But decent restaurants are a dime a dozen these days, and both Lizotte and Gale know that. They’ve been around the block a few times when it comes to experiencing firsthand what makes or breaks a restaurant. And they both affirm it is not just the food.

And that’s where Gale shines. Formerly with ON20 and most recently working for well-known restaurateur Billy Grant, Gale brings his game as the front-of-the-house guy at Present Company.

“That’s the reason for the name of this restaurant,” said the personable Gale, who makes working the room an art form when it comes to making diners feel welcome. “In this day and age of looking at your cellphone rather than talking to someone, our goal is to be one-to-one with diners,” he says. “My philosophy is I want to be the face that greets you when you arrive and



Griddled thyme cake with caramel popcorn Baggot Farms sweet corn ice cream.

the hand you shake when you leave.”

While the restaurant continues to serve an impressive selection of beer and wine, Lizotte and Gale are also working together to use those limited libations in more creative ways.

Diners on a recent visit were barely settled in their chairs when the first surprise of the evening arrived, a thyme- and orange-laced wine apéritif, perfect for taking the edge off a busy day and beginning a new dining experience.

Then it’s a welcoming amuse-bouche, a substantial-sized red shrimp individually poached in a dashi stock and served in a small glass jar.

Interestingly enough, the soothing ambiance combined with the intimacy of the 50-seat place seems to rub off on diners. On a busy weekday evening, most of the diners in the room had set aside cellphones and were more interested in tasting and talking about their food than being hooked into their technology. Gale

and a fine-tuned waitstaff rotated from table to table engaging them in conversation about their meals and making sure they were satisfied.

Speaking of satisfaction, did I forget dessert?

Lizotte and company make sure you leave with lots to talk about when it comes to the discriminating sweet side of the menu.

Fall choices include blueberries with a griddled thyme cake, caramel popcorn and Baggott Farms sweet corn ice cream. For chocolate lovers there was “pudding” with spiced speculoos cookie tuile and an unexpected and nicely spicy chili-chocolate ice cream.

For the after-dinner purist, there is a cheese board featuring Mystic Cheese Company’s Melinda Mae cheese with candied celery and Stone fruits preserves.

One of the greatest fears a diner has is when he or she has made a great dining find only to be at a loss when owners and/or chefs move on, leaving the memory of their good food behind.

No fears here, it seems, when it comes to the team of Lizotte and Gale.

“I am very happy where I am,” said Lizotte, a sentiment he shares with his business partner. “It all feels good.”

Present Company

2 Tunxis Road, Tariffville section of Simsbury
860-658-7890, presentcompanyct.com

Hours: Dinner Wed.-Sat. 5-10 p.m.

Price range: Starters \$10 to \$15; entrées \$22 to \$32; desserts \$8

Wheelchair accessible

Craft Cruising

BY ERIK OFGANG

BOURBON DINNER @ THE BARN, Oct. 27

This dinner will consist of four courses, each selected to accentuate the flavors of a different type of bourbon. Jim Beam Bonded, Basil Hayden’s, Booker’s and Knob Creek bourbon will be served. 6:30 p.m. \$75. 17R E. Granby Road, Granby. 860-413-3888, atthebarngranby.com

HOPKINS AND HOPKINS Wine Dinner,

Nov. 4 Hopkins Vineyard and its neighbor, the Hopkins Inn, will join forces for this autumn wine dinner. The inn’s culinary team, headed by Franz Reiter and Toby Fosslund, has created the menu, and each course will be served with a selected premium wine from the Hopkins Vineyard. 6:30-9 p.m. \$80. 22 Hopkins Road, Warren. 860-868-7295, thehopkinsinn.com, and 860-868-7954, hopkinsvineyard.com

BEER'D BREWING CO.'S FOUR-YEAR

ANNIVERSARY, Nov. 4 This popular Connecticut brewery will celebrate turning 4 with an event featuring music from Wicked Peach as well as selections from the brewery’s best beers and special exclusive releases. Food will be provided by Dog Watch Cafe and BBQ. Past anniversary events have sold out fast, so make sure to order tickets ahead of time. 6-10 p.m. \$50. 22 Bayview Ave., Stonington. beerdbrewing.com

WINEFEST BY THE SEA EVENT, Nov. 4

New London Adult and Continuing Education, along with Waterford Wine & Spirits, is hosting the 13th annual Winefest by the Sea fundraiser. The event will showcase more than 150 delectable wines, spirits and beer. There will also be cuisine from a number of nearby restaurants and door prizes. 6:30-9 p.m. \$30 in advance, \$35 at door. The Holiday Inn, 35 Governor Winthrop Blvd., New London. 860-437-2385, newlondonadulted.org

QUINCE FESTIVAL, Nov. 5

White Silo Farm and Winery’s third annual Quince Festival will feature a variety of the vineyard’s fruit wines

paired with dishes that utilize quince, a pear-like fruit. There will also be live music and tours of the winery. Noon-5 p.m. Free admission. 32 Route 37, E. Sherman. 860-355-0271, whitesilowinery.com

ELM CITY BREW FEST, Nov. 12

College Street Music Hall presents the Elm City Brew Festival, featuring more than 50 breweries and 225 brews. There will be food from New Haven’s Geronimo Restaurant Group. 1-5 p.m. \$35 advance, \$40 at door. 238 College St., New Haven. 877-987-6487, collegestreetmusichall.com/brew

MUSIC AT STONY CREEK, Nov. 13

Cal Kehoe, a singer-songwriter and jam artist, will entertain guests at Stony Creek Brewery all afternoon with his sultry and smooth guitar playing. 2-6 p.m. Free admission. 5 Indian Neck Ave., Branford. 203-433-4545, stonycreekbeer.com

Erik Ofgang is the author of Buzzed: Beers, Booze, & Coffee Brews — Where to Enjoy the Best Craft Beverages in New England. Have a craft beverage event coming up next month? Email him at eofgang@connecticutmag.com

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Fairfield County

Aranci 67 • Italian • EP Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 142 Old Ridgefield Road, Wilton, 203-587-1300 aranci67.com. Closed Sun. D, L (Mon.-Fri.), \$\$, WA

Bar Sugo • Italian • EP This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 barsugo.com. Open daily. D SB, \$\$, WA

openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

The Beer Collective, New Haven Opened in September, this craft beer bar features specialty and local beers. It boasts a "cellar menu" featuring aged bottles of hard-to-find brews. The bar and restaurant will also host a variety of beer seminars and tastings designed to educate beer enthusiasts about various styles. 203-507-2602, thebeercollectivehv.com

Spiga Wine Bar, New Canaan Opened in August, Spiga features a variety of classic Italian dishes, some of which have modern flair, as well as an extensive wine list and brick-oven pizza. 203-920-1351

Prospect Cafe, West Hartford After being closed for three years, Prospect Cafe reopened over the summer. Billed as a "scratch kitchen and craft bar," it features an American cuisine menu that uses local ingredients. 860-519-1048, prospectcafevh.com

Rise, Mystic Breakfast and lunch made with local ingredients is the name of the game at Rise, a new addition to downtown Mystic. Locally sourced ingredients are used whenever possible. Chef and owner Melody Pere is an alumna of the acclaimed Oyster Club. 860-415-9519, risemysticct.com

Know of a new Connecticut restaurant?
Email Erik Ofgang at efogang@connecticutmag.com

Basso Cafe • Mediterranean Casual fine dining establishment offering Mediterranean Latin fusion cuisine in a cozy and chic atmosphere. Bar offers a full wine, beer and craft cocktail list. • 124 New Canaan Ave., Norwalk, 203-354-6566 www.bassobistrocafe.com. Closed Mon. L (Tues.-Sat.), D, \$\$\$

Bloodroot • Vegetarian • EP RC Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 bloodroot.com. Closed Mon. L (Tues., Thurs.-Sat.) D SB, \$\$, WA

Butcher's Best Country Market • Deli • RC Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 butchersbestmarket.com. Closed Sun. L, \$

Char • American • EP Contemporary American restaurant that has a menu that changes seasonally and sources local meats, produce and cheese whenever possible. • 2 South Water St., Greenwich, 203-900-1100 charct.com. Open daily. L (Mon.-Fri.) D, \$\$\$

DaPietro's Restaurant • Italian • EP Chef Pietro Scotti prepares critically acclaimed cuisine. In particular, he's known for his homemade pasta, seafood, meats and game, as well as his signature sauces. • 36 Riverside Ave., Westport, 203-454-1213 dapietros.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$

The Fez • Moroccan In addition to excellent Moroccan fare—with small plates (kabobs, falafel salad) and large (slow-braised lamb shank, swordfish tagine)—The Fez serves up equally as eclectic live music nightly. • 227 Summer St., Stamford, 203-324-3391 thefez1.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, E

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 pepespizzeria.com. Open daily. L D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 geronimobarandgrill.com. Open daily. L D LS, \$\$\$

Homestead Inn — Thomas Henkelmann • French • EP Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 homesteadinn.com/thomas-henkelmann. Closed Sun.-Mon. L (Tues.-Fri.), D, \$\$\$

Ichiro • Sushi • EP Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 ichirodanbury.com. Open daily. D, LS (Fri.-Sat.), \$\$

Joseph's Steakhouse • American • EP Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 josephssteakhouse.com. Open daily. L (Mon.-Fri.) D, \$\$\$, WA

Little Pub • American • EP RC Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, 203-544-9222 littlepub.com. Open daily. L D, \$\$\$

Local Kitchen and Bar • American • EP Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352; 85 Mill Plain Road, Fairfield, 203-955-1919 sonolocal.com, fairfieldlocal.com. Open daily. L D SB, \$\$, WA

Match • American • EP The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 matchsono.com. Open daily. D L (Wed.-Fri.), \$\$\$

Pho Vietnam • Vietnamese A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 rivebistro.com. Open daily. L D, \$\$, WA

Positano Ristorante • Italian This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 positanorestaurantwestport.com. Open daily. L D SB, \$\$\$, E

Redding Roadhouse • American This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 thereddingroadhouse.com. Open daily. L D SB, \$\$, E, WA

Roberto's • Italian • RC Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 robertosmonroe.com. Open daily. L (Sun.), D, \$\$\$

Sal e Pepe Contemporary Italian Bistro • Northern Italian • RC Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 salepeperestaurant.com. Open daily. L D, \$\$\$, WA

The Schoolhouse at Cannondale • American • EP With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 schoolhouseatcannondale.com. Closed Mon. L (Fri., Sat.) D (Wed., Fri., Sat.) SB, \$\$\$

The Sitting Duck Tavern • American • RC Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 sittingducktavern.com. Open daily. L D LS SB, \$\$\$

The Spinning Wheel • American • RC Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 swredding.com. Open daily. L (Thurs.-Sat.) D, \$\$\$, WA

Tazza Osteria & Bar • Italian • EP RC Try favorites like grilled octopus, hanger steak, meatballs and brick oven pizza in a modern and trendy atmosphere. • 116 Post Road, Fairfield, 203-292-8810 tazzaosteriabar.com. Open daily. L (Mon.-Sat.) D, \$\$\$

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: \$ — inexpensive (under \$15); \$\$ — moderate (\$15-\$25); \$\$\$ — expensive (over \$25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); EP = 2016 Experts' Pick; RC = 2016 Readers' Choice.



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| dining guide | fairfield county

Tequila Mockingbird • Mexican • EP The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 tequilamockingbirdinc.com. Open daily. D, \$\$

Uberti's Fish Market • Seafood Specialties include fish-and-chips, stuffed scallops, lobster rolls and deep-fried lobster at this seafood market. • 88 Ferry Blvd., Stratford, 203-377-1429. Open daily. L D, \$\$, WA

Wafu Asian Bistro • Asian • EP Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 wafuasianbistro.com. Open daily. L D, \$

Walrus + Carpenter • Barbecue • EP Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 walruscarpenterct.com. Open daily. L D, \$\$, WA

| Hartford County |

@the Barn • American This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 atthebarngranby.com. Closed Mon. L D (Tues.-Sun.), \$\$, WA

Barcelona Restaurant & Wine Bar • Spanish Mediterranean • EP Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, 860-218-2100 barcelonawinebar.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E, WA

Bear's Smokehouse Barbecue • Barbecue • EP Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave., Windsor, 860-999-3834 bearsbbq.com. Open daily. L D, \$\$, WA

Carbone's Kitchen • Italian Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 carboneskitchen.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

Carbone's Ristorante • Italian • EP This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 carbonesct.com. Closed Sun. L (Mon.-Fri.) D, \$\$\$, WA

Cavey's Restaurant • Italian / French Choose from handmade pasta and house-cured salami in the Northern Italian restaurant upstairs, or soufflé and buttery foie gras in the luxurious French restaurant downstairs. Enjoy a cocktail with some light jazz in a casual lounge while you decide. • 45 E. Center St., Manchester, 860-463-2751 caveysrestaurant.com. Closed Mon. D, \$\$, E, WA

Confetti • Italian • EP Offers Italian-American cuisine with a celebratory vibe. Also caters and operates the Big Red Truck food truck. • 393 Farmington Ave., Plainville, 860-793-8809 idineconfetti.com. Closed Mon. & Tues. D (Wed.-Sun.) SB, \$\$

Fleming's Prime Steakhouse & Wine Bar • American • EP Premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, 860-676-WINE flemingssteakhouse.com. Open daily. D, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Max Downtown • American • EP Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 maxrestaurantgroup.com. Open daily. L (Mon.-Fri.) D LS, \$\$\$, WA

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Max Fish • Seafood Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 maxfishct.com. Open daily. L (Mon.-Sat.) D LS, \$\$

Max's Oyster Bar • Seafood • EP Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 maxrestaurantgroup.com/oyster. Open daily. L, D, LS (Sat.), \$\$\$

The Mill on the River • American Pan-seared Chilean sea bass and pork chop Milanese are tops at this former gristmill. *Wine Spectator* Award of Excellence. • 989 Ellington Road, South Windsor, 860-289-7929 themillontheriver.com. Open daily. L (Mon.-Fri.) D SB, \$, WA

ON20 • Contemporary French / American • EP Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 ontwenty.com. L (Mon.-Fri.) D (Wed.-Sat.) L D, \$\$\$, E

Plan B Burger Bar • Burgers • RC Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 planbburger.com. Open daily. L D LS, \$, WA

Ruth's Chris Steakhouse • Steak Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 ruthschris.com. Open daily. L (Sun.) D, \$\$\$, WA

Sayulita • Mexican • EP Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Main St., Glastonbury, 860-430-9941 cantinasayulita.com. Open daily. D, L (Sat.-Sun.), \$, \$, WA

Trumbull Kitchen • American "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 maxrestaurantgroup.com. Open daily. L (Mon.-Sat.) D LS, \$\$, E

Vinted Wine Bar & Kitchen • Tapas This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 vintedwinebar.com. Open daily. D, \$, \$, WA

Litchfield County

Backstage • American Enjoy casual American fare prepared from scratch — salads and soups, creative small plates, hand-formed Angus patties on house-baked rolls — and 40 beers on tap. • 84 Main St., Torrington, 860-489-8900 backstageatdrinklive.com. Open daily. L D LS SB, \$, \$, E, WA

Community Table • American • EP Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. • 223 Litchfield Tpke., Washington, 860-868-9354 communitytablect.com. Closed Tues.-Wed. D SB, \$, \$, WA

The Cookhouse • Barbecue • EP "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 thecookhouse.com. Open daily. L D, \$, \$, WA

The Hopkins Inn • Austrian/American • EP A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, \$\$\$

Mountainside Café • Farm to Table Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 mountainside.com/cafe. Open daily. B L D SB, \$, WA

The Painted Pony • American This cozy spot offers a variety of dishes, from prime rib and steak to pasta and pizza. Live entertainment every Thurs. • 74 Main St. (Route 61), Bethlehem, 203-266-5771 paintedponyrestaurant.com. Open daily. L (Mon.-Sat.) D, \$, E, WA

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dining guide | litchfield county

Patty's Restaurant • American A delightful breakfast experience with generous portions — the menu is influenced by season and might include treats such as raisin French toast or apple, walnut and cranberry pancakes. • 499 Bantam Road, Litchfield, 860-567-3335. Open daily. B L, \$

The Restaurant at Winvian Farm • French • EP Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Mon.-Tues. L D, \$\$\$, WA

Saltwater Grille • Seafood Casual and fine dining with seafood, raw bar, meat, vegetarian and kids menu options. Happy hour is Mon.-Fri 4-6 p.m., and the lounge is open late Fri. & Sat. Outdoor patio and private dining available. • 26 Commons Drive, Route 202, Litchfield, 860-567-4900 litchfieldsaltwatergrille.org. Open daily. \$\$, E, WA

The Venetian Restaurant • Classic Italian Enjoy seasonal specials and traditional fare like house-made pasta. • 52 East Main St., Torrington, 860-489-8592 thevenetianrestaurant.com. Closed Tues. L (Mon.-Sat.) D, \$\$\$, WA

The Village Restaurant • American Historic pub and restaurant in the heart of Litchfield. Veal Bartalucci, Parmesan-and-horseradish-encrusted salmon and cheeseburgers top the menu. • 25 West St., Litchfield, 860-567-8307 village-litchfield.com. Open daily. L D, \$\$\$

The White Hart • Farm to Table • EP High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 whitehartinn.com. Open daily. L D SB, \$\$\$, WA

The White Horse Country Pub • American • EP Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 whitehorse-countrypub.com. Open daily. L D SB, \$\$\$, WA

Winvian • American • EP Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an eclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 winvian.com. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), \$\$\$

Yokohama • Japanese • EP Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 yokohama-sushi.net. Open daily. L D, \$\$, WA

Middlesex County

Angelo's Lake House • American Overlooking Lake Pocotopaug, Angelo's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 angelicoslakehouse.com. Open daily. L D LS SB, \$\$, E, WA

Baci Grill • Modern Italian Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 bacigrill.com. Open daily. L D LS, \$\$, E, WA

Chester's Barbecue • Barbecue Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 chestersbbq.com. Open daily. L D, \$\$\$

Cuckoo's Nest • Mexican • RC Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 cuckoosnest.biz. Open daily. L D SB, \$\$, E, WA

Dattilo Fine Italian at Water's Edge Resort and Spa • Italian Enjoy spectacular ocean views as you indulge in award-winning dishes like Torte di Granchio (lump crab cakes with watermelon radish slaw and caper aioli), Gnocchi Cosentina and Tagliata Toscana. • 1525 Boston Post Road., Westbrook, 860-399-5901 watersedgesortandspa.com. Open daily. B L D SB, \$\$\$, E

El Pulpo Restaurant & Tapas Bar • Mediterranean Paella de mariscos and Vieiras a la Plancha (grilled diver sea scallops and lobster over fry fontina cheese risotto and champagne sauce) are among the highlights of this romantic restaurant. • 386 Main St., Middletown, 860-788-7525. Open daily. L D, \$\$\$

Eli Cannon's Tap Room • Beer Bar • EP The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 elicannons.com. Closed Mon. L (Fri.-Sun.) D LS, \$\$\$, WA

Fresh Salt • American • EP Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, 860-395-2000 saybrook.com. Open daily. B L (Mon.-Sat.) D SB, \$\$\$, E, WA

The Griswold Inn • American The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 griswoldinn.com. Open daily. L D SB, \$\$\$, E, WA

Iguanas Ranas Taqueria • Mexican • EP Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 iguanasranastaqueria.com. Closed Sun. L D, \$

La Boca Mexican Restaurant and Cantina • Mexican Sizzling fajitas, carne asada, grilled mahi mahi and the La Boca classic burrito are just some of the Mexican cuisine favorites offered at this fun restaurant with a patio and live music. • 337 Main St., Middletown, 860-347-4777 labocamexican.com. Open daily. L D LS, \$\$\$, E, WA

La Foresta • Italian • RC This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 laforesta-restaurant.com. Open daily. D, \$\$\$, WA

Lenny & Joe's Fish Tale • Seafood This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 ljfishsale.com. Open daily. L D, \$\$\$, WA

Luigi's • Italian Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 luigis-restaurant.com. Closed Mon. (except in July and Aug.). D, \$\$\$, WA

Mondo Restaurant • Pizza This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 mondomiddletown.com. Open daily L D, \$\$\$, WA

Puerto Vallarta • Mexican • RC Authentic, traditional Mexican cuisine is prepared fresh daily — sometimes even at your table — mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 puertovallartausa.com. Open daily. L D, \$\$\$

Westbrook Lobster • Seafood • RC Offers the freshest fish possible in dishes ranging from baked stuffed lobster to teriyaki-grilled salmon to seafood paella. • 346 E. Main St., Clinton, 860-664-9464; 300 Church St., Wallingford, 203-265-5071 westbrooklobster.com. Open daily. L D, \$\$\$, WA

New Haven County

116 Crown • American Tapas / Small Plates • EP Dine on sliders, pizzettes and charcuterie and cheese in a lounge-like atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 116crown.com. Closed Mon. D LS, \$\$\$, E, WA

Adriana's • Italian • EP Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 adrianasnewhaven.com. Open daily. L (Mon.-Fri.), D LS (Fri.-Sat.), \$\$\$, WA

Archie Moore's Bar & Restaurant • American Casual pub-style dining with burgers, nachos and salads. And don't miss the award-winning buffalo chicken wings. • 188½ Willow St., New Haven, 203-773-9870; 39 N. Main St., Wallingford, 203-265-7100; 15 Factory Lane, Milford, 203-876-5088; 17 Elizabeth St., Derby, 203-732-3255 archiemoores.com. Open daily. L D LS, \$

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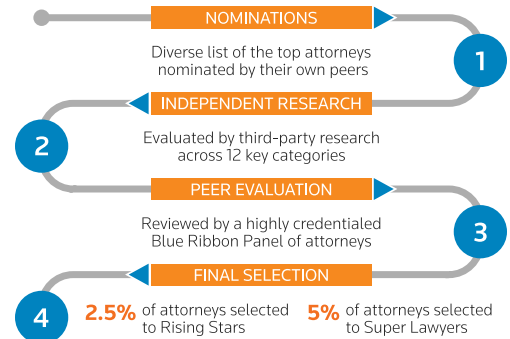
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TOP 50

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Adler, Gregg, Livingston Adler Pulda Meiklejohn & Kelly, Hartford

Babbín, Jeffrey R., Wiggin and Dana, New Haven

Ball, David A., Cohen and Wolf, Bridgeport

Barrett, Campbell D., Pullman & Comley, Hartford

Bergenn, James W., Shipman & Goodwin, Hartford

Bernard, Christopher D., Koskoff Koskoff & Bieder, Bridgeport

Bieder, Richard A., Koskoff Koskoff & Bieder, Bridgeport

Blomberg, Jill Heitler, Schoonmaker George and Blomberg, Old Greenwich

Cameron, Pamela L., Moore O'Brien & Foti, Middlebury

Casper, Stewart M., Casper & de Toledo, Stamford

Cavanaugh, Dennis C., Robinson & Cole, Hartford

Chavey, Victoria "Tory" Woodin, Jackson Lewis, Hartford

D'Amico, Michael A., D'Amico Griffin & Pettinicchi, Watertown

Deluca, Charles A., Ryan Ryan Deluca, Stamford

Dow, III, William F., Jacobs & Dow, New Haven

Faxon, Joel T., Faxon Law Group, New Haven

Ferro, Gaetano, Ferro & Battey, Darien

Flood, Brian M., The Flood Law Firm, Middletown

Fogarty, James R., Fogarty Cohen Russo & Nemiroff, Old Greenwich

Garrison, Joseph D., Garrison Levin-Epstein Fitzgerald & Pirrotti, New Haven

Glasser, James I., Wiggin and Dana, New Haven

Golub, David S., Silver Golub & Teitell, Stamford

Graves, Shelley L., Faulkner & Graves, New London

Hollister, Timothy S., Shipman & Goodwin, Hartford

Horton, Wesley W., Horton Shields & Knox, Hartford

Houlihan, Jr., John J., RisCassi & Davis, Hartford

Katz, Stuart M., Cohen and Wolf, Bridgeport

Keefe, Hugh F., Lynch Traub Keefe & Errante, New Haven

Kennedy, Jr., John J., Kennedy Johnson Schwab & Roberge, New Haven

Koskoff, Michael P., Koskoff Koskoff & Bieder, Bridgeport

Lubin, Andrew, Neubert Pepe & Monteith, New Haven

Mahoney, Douglas, Tremont Sheldon Robinson Mahoney, Bridgeport

Merriam, Dwight H., Robinson & Cole, Hartford

Moore, Sr., Garrett M., Moore O'Brien & Foti, Middlebury

Morkan, Linda L., Robinson & Cole, Hartford

Pepe, Louis R., McElroy Deutsch Mulvaney & Carpenter, Hartford

Roberts, II, Norman A., Roberts Family Law, Darien

Robertson, Jr., James K., Carmody Torrance Sandak & Hennessey, Waterbury

Ryan, III, Daniel E., Ryan Ryan Deluca, Stamford

Santos, Hubert J., Law Offices of Hubert J. Santos, Hartford

Shearin, James T. (Tim), Pullman & Comley, Bridgeport

Silver, Richard A., Silver Golub & Teitell, Stamford

Silvestri, Jr., Frank J., Verrill Dana, Westport

Skalka, Douglas S., Neubert Pepe & Monteith, New Haven

Slager, Paul A., Silver Golub & Teitell, Stamford

Stratton, Michael A., Stratton Trial, Milford

Teitell, Ernie, Silver Golub & Teitell, Stamford

Walsh, Michael J., Walsh Woodard, West Hartford

Whitney, Diane W., Pullman & Comley, Hartford

Ziotas, Angelo A., Silver Golub & Teitell, Stamford

TOP 10

ADLER, GREGG
Livingston Adler Pulda Meiklejohn & Kelly, Hartford

D'AMICO, MICHAEL A.
D'Amico Griffin & Pettinicchi, Watertown

FAXON, JOEL T.
Faxon Law Group, New Haven

FERRO, GAETANO
Ferro & Battey, Darien

GARRISON, JOSEPH D.
Garrison Levin-Epstein Fitzgerald & Pirrotti, New Haven

KOSKOFF, MICHAEL P.
• Ranked Number Three •
Koskoff Koskoff & Bieder, Bridgeport

MERRIAM, DWIGHT H.
• Ranked Number Two •
Robinson & Cole, Hartford

PEPE, LOUIS R.
McElroy Deutsch Mulvaney & Carpenter, Hartford

SHEARIN, JAMES T. (TIM)
• Ranked Number One •
Pullman & Comley, Bridgeport

WALSH, MICHAEL J.
Walsh Woodard, West Hartford

TOP 25 WOMEN

AN ALPHABETICAL LISTING OF THE WOMEN LAWYERS WHO RANKED TOP OF THE LIST IN THE 2016 CONNECTICUT SUPER LAWYERS NOMINATION, RESEARCH AND BLUE RIBBON REVIEW PROCESS

Alexander, Lori B., Littler Mendelson, New Haven

Blomberg, Jill Heitler, Schoonmaker George and Blomberg, Old Greenwich

Cameron, Pamela L., Moore O'Brien & Foti, Middlebury

Catino, Ann M., Halloran & Sage, Hartford

Chavey, Victoria "Tory" Woodin, Jackson Lewis, Hartford

DeTora, Alice E., Robinson & Cole, Hartford

Eldergill, Kathleen, Beck & Eldergill, Manchester

Emmett, Kathryn, Emmett & Glander, Stamford

Feldman, Joan W., Shipman & Goodwin, Hartford

Garofalo, Beverly W., Jackson Lewis, Hartford

Graves, Shelley L., Faulkner & Graves, New London

Hamilton, Trudie R., Carmody Torrance Sandak & Hennessey, Waterbury

Knight, Tara, Knight & Cerritelli, New Haven

Knox, Kimberly, Horton Shields & Knox, Hartford

Morkan, Linda L., Robinson & Cole, Hartford

Nastri, Kathleen L., Koskoff Koskoff & Bieder, Bridgeport

Nietzel, Catherine S., Ryan Ryan Deluca, Stamford

Robinson, Cindy L., Tremont Sheldon Robinson Mahoney, Bridgeport

Solomon, Greta E., Cohen and Wolf, Bridgeport

Stewart, Elizabeth J., Murtha Cullina, New Haven

Strange, Margaret J., Jackson Lewis, Hartford

Truax, Louise T., Lax & Truax, Southport

Weaver, Maureen, Wiggin and Dana, New Haven

Whitehead, Christine M., Attorney at Law, Hartford

Whitney, Diane W., Pullman & Comley, Hartford

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Bayer, Aaron S., Wiggin and Dana, Hartford

Das, Proloy K., Murtha Cullina, Hartford

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Dowd, Karen L., Horton Shields & Knox, Hartford

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Henzy, Eric, Reid and Riege, Hartford

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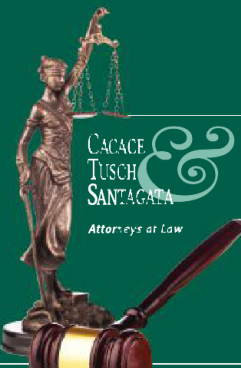
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Top 50 CT

William M. Bloss
Personal Injury Plaintiff: General

James D. Horwitz
Personal Injury Plaintiff: Medical Malpractice

Michael P. Koskoff
Personal Injury Plaintiff: Medical Malpractice
Top 10 CT, Top 100 New England

Richard A. Bieder
Personal Injury Plaintiff: General
Top 50 CT, Top 100 New England

Joshua D. Koskoff
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Personal Injury Plaintiff:
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Sheffy is the founder and editor of *Recovery Magazine* and is a frequent lecturer on advanced trial skills, as well as a member of the Million Dollar Advocates Forum and the Litigation Counsel of America.

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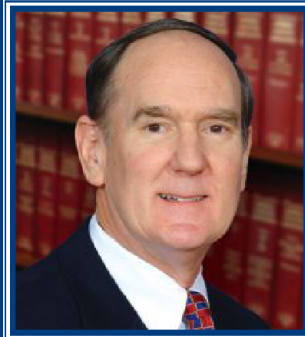
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Patrick Tomasiewicz has been the sole owner of Fazzano & Tomasiewicz, LLC since 1997. He is a member of the American Civil Justice Foundation and The National Trial Lawyers, and currently is an officer in the Hartford County Bar Association. Attorney Tomasiewicz has handled numerous cases over the past 32 years, including wrongful death; medical, hospital and nursing care negligence; car accidents; dram shop claims; murder; violent assault; sexual assault; white-collar defense; and narcotics offenses in state and federal court. He is board-certified by the National Board of Trial Advocacy for civil litigation. He represents the Fraternal Order of Police and Laborer's International Union, Local #230 in Hartford. In 2016, he successfully co-represented a physician who was charged with sexually assaulting 11 patients, which resulted in the full dismissal of the cases.



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KEVIN P. WALSH, selected to Connecticut Super Lawyers 2007-2010 and 2013-2016, handles a wide variety of litigation matters including insurance defense, coverage litigation, malpractice and products liability litigation. A graduate of Providence College and Suffolk University Law School, he has lectured with respect to matters pertaining to litigation and published articles in this field. Mr. Walsh is admitted to the state courts of Connecticut and Massachusetts, as well as the Federal District Court of Connecticut and the United States Supreme Court.

MICHAEL F. O'CONNOR, selected to Connecticut Super Lawyers 2007-2013, represents both plaintiffs and defendants in personal injury and workers' compensation matters throughout the State of Connecticut. Attorney O'Connor has settled what is believed to be the largest workers' compensation case in the history of the state of Connecticut. O'Connor has also argued before the Connecticut Supreme Court, the Connecticut Court of Appeals, and the 2nd Circuit Court of Appeals on numerous occasions. O'Connor is a graduate of Villanova University and received his J.D. from Quinnipiac University School of Law.

The firm also congratulates attorneys **SCOTT R. OUELLETTE** and **RYAN J. MCKONE** for their selection to 2013-2016 Connecticut Rising Stars.

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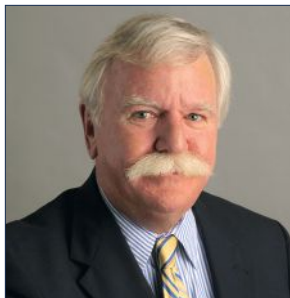
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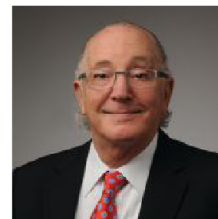
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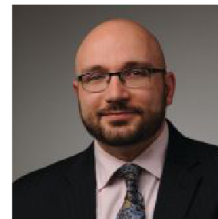
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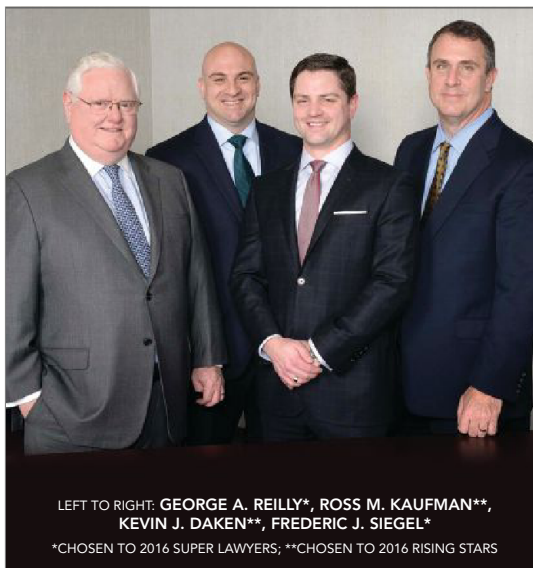


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Frederic J. Siegel is a fellow of the American Academy of Matrimonial Lawyers (president-elect of the Connecticut chapter and Connecticut's delegate to the national Board of Governors) and the International Academy of Family Lawyers. Attorney Siegel has received the highest ratings from Martindale-Hubbell (AV) and Avvo (Superb). George Reilly has been practicing family law for over 30 years and is recognized as a top attorney by the bench, bar and also has the highest rating by Avvo.

Ross Kaufman is regarded as an outstanding matrimonial lawyer as well, has a Superb rating from Avvo and is more than deserving of being a Rising Stars honoree for the fourth time in the last five years. Kevin Daken is recognized as a Rising Stars honoree for his second year in a row.

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Russ is widely known as a leading personal injury and medical malpractice attorney in Connecticut. Russ has obtained many substantial settlements and verdicts for adults and children in cases involving birth injuries, brain injuries, spinal cord injuries, cancer misdiagnosis, other life-altering injuries, and wrongful death. He is Board Certified as a Civil Trial Advocate by the National Board of Trial Advocacy and is a Fellow of the Connecticut Chapter of the American Board of Trial Advocates. Russ has been listed in Connecticut Super Lawyers in *Connecticut Magazine* in the field of medical malpractice every year since each list has been published.

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K. Wynne Bohonnon has represented parties in administrative actions and state and federal court in various maritime and admiralty matters. He has represented passengers, crew members, and seamen in personal injury claims. He has represented marinas, yacht brokers, manufacturers, and real property owners in claims. In 2013 Governor Dannel P. Malloy appointed Attorney K. Wynne Bohonnon to the Connecticut Pilot Commission. Pursuant to Connecticut General Statute (CGS) 263, sec 15-13c, the Connecticut Pilot Commission (CPC) advises the Commissioner of Transportation on issues related to the licensure of marine pilots, the safe conduct of vessels, pilotage rates, and the protection of the ports and waters of Connecticut.

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Attorney Chimes has been at the forefront of Connecticut employment law over the past 20 years. In one of the first Family and Medical Leave Act (FMLA) cases brought in Connecticut, he successfully represented an industrial plant manager who had an emotional breakdown and was refused medical leave by his employer. He was the draftsman for Connecticut's recent revisions to its Equal Pay Act, which greatly enhanced protections for women from wage discrimination in the workplace. Sexual harassment claims can present difficult legal and factual issues and require specialized expertise. As a former prosecutor in the New York County District Attorney's Office who handled both child abuse and sex crimes, Attorney Chimes has the experience and sensitivity to deal with these issues.

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Attorney Drapeau is a Board Certified Workers' Compensation Specialist. His practice consists of representing injured workers at hearings and on appeal in the Workers' Compensation Commission and appellate courts. Prior to Leighton, Katz & Drapeau, he represented employers and their insurance carriers in defense of workers' compensation claims. Attorney Drapeau serves on the Examining and Executive Committees of the Workers' Compensation Section of the Connecticut Bar Association and is a member of the Connecticut Trial Lawyers Association's Workers' Compensation Section. He has lectured on workers' compensation law for the CBA and CTLA and authored articles for *Compensation Quarterly*.

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Michael Kerin is a Board Certified Workers' Compensation Specialist who has successfully litigated cases from trial through the Connecticut Supreme Court. A graduate of Vassar College, Middlebury College (M.A.), American University (MFA), and Quinnipiac Law School, *summa cum laude*, he is the former Chairman of the Standing Committee for the CBA's Workers' Compensation Certification Program, an author and a former editor of the *Compensation Quarterly*, the Past President of the Milford Bar Association, and a former member of the CBA's Executive Committee for the Workers' Compensation Section. He has published articles and lectured on the subject of workers' compensation and is pleased to accept referrals in accordance with the Rules of Professional Conduct.

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Attorney Thomas R. Gerarde defends municipalities, boards of education, police officers, public officials, land use commissions, non-profit organizations, and institutions against all general and professional liability claims, including civil rights claims. He is nationally Board Certified as a Civil Trial Specialist by the National Board of Legal Specialty Certification. He has achieved Martindale-Hubbell's highest rating of AV preeminent and has been inducted into ABOTA. He has been awarded the distinction of Top 1 percent of America's Most Honored Professionals from *The American Registry*. He has defended jury trials in all Connecticut state and federal courts and has argued appeals before the Connecticut Appellate Court, the Connecticut Supreme Court, and the U.S. Court of Appeals for the Second Circuit.

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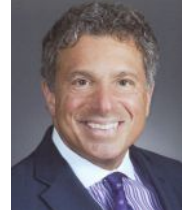
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**FAMILY LAW**

Attorney Joseph A. Geremia, Jr. is Board Certified by the National Association of Counsel for Children as a Child Welfare Law Specialist. This Attorney Specialty Certification is authorized and accredited by the Connecticut and American Bar Associations. This prestigious credential recognizes Attorney Geremia as a legal specialist in the practice of law representing children and parents in juvenile court concerning all child protection proceedings including emergency, temporary custody, adjudication, disposition, foster care, permanency planning, termination, guardianship, and adoption. Attorney Geremia utilizes his expertise to also represent children and parents in related child protection cases in the probate, family and criminal courts.

JOHN J. KENNEDY, JR.
KENNEDY JOHNSON
SCHWAB & ROBERGE, LLC

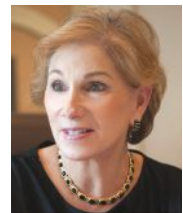
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**PERSONAL INJURY GENERAL: PLAINTIFF****PERSONAL INJURY MEDICAL MALPRACTICE: PLAINTIFF**

John J. Kennedy, Jr., is a lifelong Connecticut resident. Born in New Haven, he graduated from Yale University in 1975 and received his law degree, with honors, from UConn School of Law in 1978. Mr. Kennedy has practiced law in New Haven for over 37 years, representing thousands of clients and trying numerous civil cases in the courts of the State of Connecticut. His practice includes representation of injured persons in auto accident, premises liability, and medical malpractice cases. He is a member of NHCBA and served as its President in 1991. He is a member of the CTLA, has been on its board of governors since 1990, and served as its President from June 2011 to June 2012. He is a member of ABOTA and a fellow of the American College of Trial Lawyers and the International Academy of Trial Lawyers.

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**FAMILY LAW**

Ellen Lubell practices matrimonial law in Westport, CT. The first woman public defender in Connecticut, she was recently featured in a video about prominent women in Connecticut legal history. Attorney Lubell is a member of the American Academy of Matrimonial Lawyers and former President of its Connecticut Chapter. She serves as a Special Master in the Regional Family Trial Docket and in the Bridgeport and Stamford Courts. From 2000 to 2006, she served on the Grievance Panel for the Judicial District of Fairfield at Bridgeport. Attorney Lubell is AV-rated by Martindale-Hubbell and was selected for inclusion in *The Best Lawyers in America*, 2016 and 2017 lists. She lectures and writes frequently about matrimonial law.

CONNECTICUT 2016 SUPER LAWYERS

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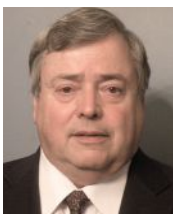
WORKERS' COMPENSATION

PERSONAL INJURY GENERAL: PLAINTIFF
EMPLOYMENT & LABOR

Attorney Morrissey specializes in workers' compensation law. His achievements were recognized in 2001 when he was one of the first in Connecticut to earn status as a Board Certified Workers' Compensation Specialist. He represents injured workers at all levels within the workers' compensation forum and has established landmark cases before the Connecticut Supreme and Appellate Courts on workers' compensation and heart and hypertension issues. Attorney Morrissey also represents clients on personal injury matters and public sector employment law. Andy graduated from the University of Connecticut School of Law and served as a Marine officer and judge advocate.

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WORKERS' COMPENSATION

Attorney Ralph A. Russo is a Board Certified Workers' Compensation Specialist who has been practicing in this area of law for over 25 years. He has been a frequent lecturer on topics pertaining to the Connecticut Workers' Compensation Act for the Connecticut Bar Association; PESI, Inc.; and various private business and health-related organizations. He has also authored numerous articles on workers' compensation and the Second Injury Fund. He is a member of the Executive Committee of the Workers' Compensation Section of the Connecticut Bar Association and a former member of the editorial board of *Workers' Compensation Quarterly*. Mr. Russo has successfully argued workers' compensation cases before the CRB, the state appellate court, and the Supreme Court.

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GENERAL LITIGATION

ESTATE PLANNING & PROBATE
REAL ESTATE

Attorney Richard H. Saxl focuses his Westport practice in the areas of transactions and litigation relating to wills, estate, and probate; zoning and land use; commercial property tax appeals; and legal services for small businesses. He has argued and won cases in the Connecticut Superior Courts, the Connecticut Appellate Court, and the Connecticut Supreme Court. Some of those cases have been landmark decisions. He has been practicing law in Westport for more than 35 years. A passionate advocate, Mr. Saxl has represented clients all over Fairfield County, including Westport, Weston, Fairfield, Easton, Redding, Trumbull, Norwalk, Darien, New Canaan, Stamford, and Greenwich. In addition to his practice, Mr. Saxl has taught probate administration at Fairfield University.

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10
YEARS

WORKERS' COMPENSATION

PERSONAL INJURY GENERAL: PLAINTIFF
EMPLOYMENT & LABOR

Attorney Morrissey specializes in worker's compensation and heart and hypertension claims. He has been certified as a specialist in the area of workers' compensation law by the Connecticut Bar Association since 2005. He is AV-rated by Martindale-Hubbell. Morrissey has served on the Workers' Compensation Section of the Connecticut Bar Association (Chairman from 2005-2007), the Standing Committee for Workers' Compensation Specialization, the Connecticut Trial Lawyers Association's Workers' Compensation Section, and the Legal Advisory Panel of the Workers' Compensation Commission. The firm also handles personal injury cases, public sector labor and pension issues, and Social Security disability claims.

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EMPLOYMENT & LABOR

David A. Ryan, Jr., is a partner with his brother, William Ryan, in the firm of Ryan & Ryan, LLC. His practice is dedicated exclusively to the representation of management in all aspects of labor and employment law. The firm has represented numerous private companies and non-profit corporations in state and federal court and before various administrative agencies. The firm's clients include small companies and large multinational corporations in such industries as health care, transportation, information technology, and construction. In addition to private sector work, the firm also represents numerous municipalities, boards of education, and other public and quasi-public agencies.

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10
YEARS

CIVIL LITIGATION: DEFENSE

TRANSPORTATION/MARITIME
PERSONAL INJURY PRODUCTS: DEFENSE

Mr. Vossler attended Boston College (*cum laude*, 1982) and Quinnipiac School of Law (J.D., 1985). He is a senior partner with a broad range of trial experience. Representative clients include insurers, product manufacturers, trucking companies, retailers, restaurant chains, and athletic facilities. Memberships include the ABA, DRI, Connecticut Defense Lawyers Association, Association of Ski Defense Attorneys, and the Trucking Industry Defense Association. Mr. Vossler is admitted to practice in Connecticut, Massachusetts, New York, the U.S. District Court for the Districts of Connecticut and Massachusetts, and the US Court of Appeals (2nd Circuit). He is a mediator, arbitrator, and an Attorney Trial Referee in the Connecticut Superior Court.

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INSURANCE COVERAGE

PERSONAL INJURY GENERAL: DEFENSE
PERSONAL INJURY PRODUCTS: DEFENSE

Philip T. Newbury, Jr., handles insurance coverage matters in state and federal courts in Connecticut, Massachusetts, and Rhode Island. He also defends ski resorts and product manufacturers in catastrophic personal injury cases. He is certified as a Civil Trial Advocate by the NBTA and has tried over 30 jury cases to verdict. He is a frequent lecturer on insurance coverage issues. He is admitted to practice in CT, MA, and RI; the U.S. District Court for the Districts of Connecticut and Massachusetts; the Second Circuit Court of Appeals; and the U.S. Supreme Court. Mr. Newbury is a member of the ABA; the CT, MA, and RI Bar Associations; and the Association of Ski Defense Attorneys. He graduated from Suffolk University Law School and received his LL.M. in insurance law from UConn.

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EMPLOYMENT & LABOR

William A. Ryan is a partner with his brother, David A. Ryan, Jr., in the firm Ryan & Ryan, LLC. His practice is dedicated exclusively to the representation of management in all aspects of labor and employment law. The firm has represented numerous private companies and nonprofit corporations in state and federal court and before various administrative agencies. The firm's clients include small companies and large multinational corporations in such industries as health care, transportation, information technology, and construction. In addition to private sector work, the firm also represents numerous municipalities, boards of education, and other public and quasi-public agencies.

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FAMILY LAW

Catherine Whelan, a third-generation Connecticut attorney, has practiced family law for nearly 30 years in the Fairfield County area. She has extensive experience representing clients with family and divorce-related issues and has tried many complex cases before Connecticut courts. She represents clients in all areas of family law, including child custody, financial disputes, property disputes, contempt, post-judgment matters, and prenuptial agreements. Catherine's skill and preparation are cornerstones of success for meeting each client's individual needs. In addition she has served as a court-appointed Guardian Ad Litem and attorney for minor children in disputed custody matters and as a Special Master in the Superior Court and the Regional Family Trial Court.



THE LIST BY PRIMARY AREA OF PRACTICE

The list was finalized as of May 3, 2016. Any updates to the list (for example, status changes or disqualifying events) will be reflected on superlawyers.com.

Names and page numbers in **RED** indicate a profile on the specified page.

Phone numbers included only for attorneys with paid Rising Stars print advertisements.

Only attorneys who data verified with Super Lawyers for current year included on this list. All current selections reflected on superlawyers.com profiles.

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Hrelac, Dana M., Horton Shields & Knox, Hartford

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Suarez, Oscar L., Halloran & Sage, Hartford

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Linsey, Patrick, Zeisler & Zeisler, Bridgeport

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Milford

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Merced Agosto, Charleen E., Jose Antonio Pol &
Associates, Bridgeport

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Zezula, Nathan C., Pastore & Dailey, Stamford

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Stamford

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New Haven

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Stamford

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Stamford

Lewis, Miriam Godfrey, Shipman & Goodwin,
Hartford

Monteith, Matthew, Shipman & Goodwin,
Hartford

Morosan, David M., Cohen and Wolf, Bridgeport

O'Connell, Casey, Halloran & Sage, Hartford

Pereira, Marcia C. "Marcia", Holland & Knight,
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Ricketts, Hartford

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Zakrzewski, Steven, Gordon & Rees, Glastonbury

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Pomerantz, Benjamin H., Casper & de Toledo,
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Sisca, Andrea C., Ivey Barnum & O'Mara,
Greenwich

CLASS ACTION/MASS TORTS

Fitzpatrick, Kelly, Ventura Ribeiro & Smith,
Danbury

CONTINUED ON PAGE S-24

CONNECTICUT 2016 RISING STARS

CLASS ACTION/MASS TORTS CONT'D FROM PAGE S-23

Jasinski, Mathew P., Motley Rice, Hartford**Needham, Douglas P.**, IZard Kindall & Raabe, West Hartford

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Chase, Michael, Shipman & Goodwin, Hartford**Gentile, Nathaniel**, Pullman & Comley, Hartford

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Knott, Andrew S., Knott & Knott, Cheshire, 203-271-3031 **Pg. S-27****Perri, Carmine**, CzepigaDalyPope, Berlin

EMPLOYEE BENEFITS

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EMPLOYMENT & LABOR

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Pyetranker, Yakov, Law Offices of Gary I. Cohen, Stamford

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Roberts, Freda, Roberts Family Law, Darien

Roncone-Gondek, Deetta, The Law Office of Deetta Roncone, Hartford

Shore, Shari-Lynn Cuomo, Wolf & Shore, Hamden

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Votto, Stacy, Nelson | Votto, New Haven

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Micklich, Nicole Liguori, Garcia & Milas, New Haven

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McPherson, Andrew M., Goldstein and Peck, Bridgeport

O'Neill, Ryan A., The Law Offices of Mark Sherman, Stamford

Townsend, Tahlia, Wiggin and Dana, New Haven

CONTINUED ON PAGE S-26



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CONNECTICUT'S PERSONAL INJURY LAW FIRM – FIGHTING FOR YOU

Since 1938, Trantolo & Trantolo has fought for individuals who have suffered injury or the loss of a loved one due to another's negligence. The firm's attorneys are dedicated to client service, excellence and just compensation.

A premier personal injury practice, the firm represents clients in matters involving car and motorcycle accidents; dog bites; slip and fall; nursing home negligence; Social Security disability; workers' compensation; medical malpractice; and mass torts and class actions. The firm is readily accessible with offices in **Bridgeport, Hartford, Torrington and Waterbury.**

Keith V. Trantolo and Ron Etemi, each named yet again to Rising Stars, are skilled, determined trial lawyers who bring a breadth of legal knowledge, strategies and experience to the fight.

Vincent J. Trantolo is an icon within the Connecticut legal community. With historic verdicts and settlements throughout his 40-plus-year career, he's the pioneer of legal television advertising and has numerous recognitions from top legal organizations.



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CONNECTICUT 2016
 RISING STARS

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Roberts, William J., Shipman & Goodwin, Hartford
Rose, Adam Carter, Reid and Riege, Hartford

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Fappiano, Justin F., J. Fappiano Law Office, New Haven
LaFountain, Meghann E., Howard McMillan & Tycz, Middletown
Meyerovich, Alex, M.C. Law Group, Bridgeport
Miller, Amy Morilla, Rosenberg Miller Hite & Morilla, Stratford
Sigg, Lauren M., Robinson & Cole, Hartford

INSURANCE COVERAGE

Ahlstrand, Elizabeth F., Seiger Gfeller Laurie, West Hartford
Arcata, Ill, Joseph J., Halloran & Sage, Hartford
Bikakis, Nicole C., Saxe Doernberger & Vita, Trumbull
Blyskal, Ill, Joseph J., Gordon & Rees, Glastonbury
Busch, Delaney M., Gordon & Rees, Glastonbury
Butts, J. Tyler, Robinson & Cole, Hartford
Carlisle, Joseph H., Litchfield Cavo, Simsbury
Faldu, Shrina B., Seiger Gfeller Laurie, West Hartford
Federico, Melissa A., Murtha Cullina, Hartford
Guertin, Theresa, Saxe Doernberger & Vita, Trumbull
Gunneson, Christian, Wood Smith Henning & Berman, Norwalk
LeMoult, Michael J., Biller Sachs Raio & Zito, Hamden
Lettiero, Michael, Goldberg Segalla, Hartford

Shiroma, Matthew J., Day Pitney, Hartford
Zajac, Julia, Shipman & Goodwin, Hartford

INTELLECTUAL PROPERTY

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Bertram, Elana, Hawley Legal Resources, Hawleyville
Ciotola, Michelle P., Cantor Colburn, Hartford
Cordani, Jr., John L., Carmody Torrance Sandak & Hennessey, New Haven
Hayter, Alicia, Cantor Colburn, Hartford
Kennedy, Nancy, Alix Yale & Ristas, Hartford
Kosma, Michael J., Whitmyer IP Group, Stamford
Lehberger, Benjamin J., St. Onge Steward Johnston & Reens, Stamford
Rodrigues, David E., Cantor Colburn, Hartford
White, Benjamin C., St. Onge Steward Johnston & Reens, Stamford

INTELLECTUAL PROPERTY LITIGATION

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INTERNATIONAL

Fernandez, Alfredo G., Shipman & Goodwin, Hartford

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Bernheim, Eric D., Halloran & Sage, Westport
Rutkowska, Sylvia K., Dzialo Pickett & Allen, Middletown
Sarno, Amber N., Shipman & Goodwin, Hartford
Schwartz, Joseph B., Murtha Cullina, Hartford
Seeman, Evan, Robinson & Cole, Hartford
Sweeney, William R., Tobin Carberry O'Malley Riley & Selinger, New London

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Sheehy, Lindsay A., Holland & Knight, Stamford

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Gaertner, Kelly B., Nuzzo & Roberts, Cheshire
Madry, Joaquin L., Ryan Ryan Deluca, Stamford
Paice, Brian M., Conway Stoughton, West Hartford
Riley, Jacob P., Cooney Scully and Dowling, Hartford

PERSONAL INJURY GENERAL: PLAINTIFF

Amdur, Jennifer L., The Berkowitz Law Firm, Stamford
Anthony, Keith, Bansley Anthony Burdo, New Haven
Barhorst, Tyler M., The Carrano Law Firm, North Haven
Barnes, Joseph M., The Reardon Law Firm, New London, 860-442-0444 **Pg. S-3**
Benitez, Brenda, Ventura Ribeiro & Smith, Danbury
Blank, Adam J., Wofsey Rosen Kveskin & Kuriansky, Stamford
Burdick, Jason, Messier Massad & Burdick, New London
Candela, Brian M., Carter Mario Injury Lawyers, Milford
Cantor, Jonathan A., Law Offices of Gerald S. Sack, West Hartford
Diaz, Isaias T., Dressler Law, Hartford
Etemi, Ron, Trantolo & Trantolo, Waterbury, 203-753-4100 **Pg. S-25**
Fenton, Michael, Bansley Anthony Burdo, New Haven
Fragoso, Patricia Cruz, Ventura Ribeiro & Smith, Danbury
Grippe, Joseph R., Ouellette Deganis Gallagher & Grippe, Cheshire
Harrington, James, Polito & Associates, Waterford, 860-447-3300
Hirsch, Etan, Adelman Hirsch & Connors, Bridgeport
Houlihan, Christopher, RisCassi & Davis, Hartford, 860-522-1196
Janosov, Devin W., Papcsy Janosov Roche, Norwalk
Kennedy, Michael, Silver Golub & Teitell, Stamford
Lucarelli, Matthew A., Law Offices of Brian J. Mongelluzzo, New Britain
Miller, Ryan K., Rosenberg Miller Hite & Morilla, Stratford
Moore, Jr., Garrett Michael, Moore O'Brien & Foti, Middlebury
Moreno, Rudy, Law Office of Rudy Moreno, Hartford
Pilicy, Erica L., Moore O'Brien & Foti, Middlebury
Reardon, Kelly, The Reardon Law Firm, New London, 860-442-0444 **Pg. S-3**
Reynolds, Peter C., Miller Rosnick D'Amico August & Butler, Bridgeport
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Rossetti, Amita Patel, Tinley Renehan & Dost, Waterbury
Smith, Kevin G., Faulkner & Graves, New London
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Trantolo, Keith V., Trantolo & Trantolo, Hartford,
844-999-9999 Pg. S-25

Virgil, Jeremy C., Zeldes Needle & Cooper,
Bridgeport

Weber, Lindsay E., Brown Paindiris & Scott,
Glastonbury

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Bryson, Megan E., Kaufman Borgeest & Ryan,
Stamford

Kelson, Ilyssa H., Ryan Ryan Deluca, Stamford

Maiocco, Adam V., Neubert Pepe & Monteith,
New Haven

Nollenberger, Leah M., Cooney Scully and
Dowling, Hartford

Roussas, Sandy, Neubert Pepe & Monteith,
New Haven

Ruszkowski, Vimala B., Neubert Pepe & Monteith,
New Haven

West, Liam M., Ryan Ryan Deluca, Stamford

PERSONAL INJURY MEDICAL MALPRACTICE: PLAINTIFF

Cates, Brittany S., Faxon Law Group, New Haven

Roffe, Michael, Silver Golub & Teitell, Stamford

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Gagnon, Jason R., Carmody Torrance Sandak &
Hennessey, Waterbury

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Bataille, Troy A., Goldberg Segalla, Hartford

Gondek, Timothy M., Goldberg Segalla, Hartford

Keller, Michael R., Morrison Mahoney, Stamford

Klepps, Christopher, Updike Kelly & Spellacy,
Hartford

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New Haven

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Stamford

Burdo, Michael P., Bansley Anthony Burdo,
New Haven

Hecht, Joshua D., Caplan & Hecht, New Haven

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New Haven

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Scaramozza, Hartford

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Trahan, Kelly A., Murtha Cullina, Stamford

Troyb, Aleksandr Y., The Troyb Law Firm,
Stamford

Tycz, David J., Howard McMillan & Tycz,
Middletown

Varian, Keith S., Murtha Cullina, Stamford

Violi, Antoinette, Law Offices of Antoinette Violi,
Cos Cob

von Gootkin, Regina, Brown Paindiris & Scott,
Glastonbury

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Beck, Hartford

Ritter, Jessica, Shipman & Goodwin, Hartford

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Shannon, Anthony R., Shipman & Goodwin,
Hartford

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Hennessey, Stamford

Gora, Richard, Gora, Stamford

Kons, Joshua B., Law Office of Joshua B. Kons,
Canton

Pendell, Michael J., Motley Rice, Hartford

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Cannavino, Jr., John W., Ryan Ryan Deluca,
Stamford

Ouellette, Scott R., Williams Walsh & O'Connor,
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Leichsenring, Ryan V., Robinson & Cole, Hartford

Retzke, Shannon Smith, Withers Bergman,
New Haven

Spiro, Michael P., Finn Dixon & Herling, Stamford

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Oleyer, Michael R., LeClairRyan, Hartford

Paridis, Julia, Wilson Elser Moskowitz Edelman &
Dicker, Stamford

WORKERS' COMPENSATION

Battersby, Jr., Patrick T., Montstream & May,
Glastonbury

Hite, Christopher D., Rosenberg Miller Hite &
Morilla, Stratford

Markusza, Philip T., Solimene & Secondo,
Meriden

Necci, Matthew S., Halloran & Sage, Hartford

Schafer, Timothy M., Schafer & Schafer, Norwalk

Schweitzer, Michael D., Goldberg Segalla,
Hartford

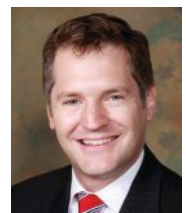
Shah, Tushar G., Montstream & May, Glastonbury

Solimene, Elycia D., Solimene & Secondo, Meriden

Wallace, Andrew E., Law Office of Andrew E.
Wallace, Shelton

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ELDER LAW

ESTATE & TRUST LITIGATION
ESTATE PLANNING & PROBATE

Andrew's practice involves all aspects of probate, trust, estate, disability, special needs, bioethics, and elder law, with all ancillary litigation in all courts. The most simple cases involve drafting a will or advance directives, settling an estate, or applying for Title XIX Medicaid benefits. Andrew also regularly handles will and trust contests, fiduciary mismanagement issues, conservatorships, and complex estates. Andrew represents parents who want to obtain benefits for their developmentally disabled child, patients who have been denied Medicare coverage, and families grappling with the legal and ethical issues surrounding nutrition, hydration, and removal of life support for the terminally ill. Conservatorships were the first elder law cases he handled, and remain a cornerstone of his practice.

dining guide | new haven county

Baja's • Mexican • EP Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, \$\$, WA

Ballou's Restaurant & Wine Bar • Italian A casual and relaxed wine bar. Full menu with fondue and much more. Has an outdoor, dog-friendly patio and gluten-free menu. • 51 Whitefield St., Guilford, 203-453-0319 ballouswinebar.com. Open daily. L D, \$\$

Bin 100 • Mediterranean Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 bin100restaurant.com. Open daily. D SB, \$\$, E, WA

Bistro Mediterraneo • Mediterranean • RC This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, 203-467-2500 bistromediterraneanandtapasbar.com. Open daily. L D, \$\$, WA

Ceviche • Latin Fusion • EP Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 cevichelatinkitchen.com. Closed Mon. L (Wed.-Thurs.) D LS, \$\$, WA

Chip's Family Restaurant • American • RC Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 chipsrestaurants.com. Open daily. B L D, \$

Colony Grill • Pizza This Irish tavern's single menu offering is its one-of-a-kind, thin crust pizza served with a signature "hot oil" topping. • 36 Broad St., Milford, 203-876-1935 colonygrill.com. Open daily. L D LS, \$, WA

Consiglio's Restaurant • Classic Italian Family-owned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 consiglios.com. Open daily. L (Tues.-Fri., Sun.) D, \$\$

D'Vine Bistro • French-American French-American fusion served up in small plates or entire sizes, with a large number of gluten-free options. Patio dining available. Located on the Guilford Green. • 25 Whitfield St., Guilford, 203-458-1300 dvinebistro.net. Closed Mon. L (Tues.-Sat.) D, \$\$\$, E, WA

Dino's Seafood • Seafood This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 dinosseafood.com. Closed Mon. L D, \$, WA

Elm City Social • American • EP Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 elmcitysocial.com. Open daily. L D, LS, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Geronimo Tequila Bar & Southwest Grill • Southwestern Fusion • EP Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 geronimobarandgrill.com. Open daily. L (Mon.-Sat.) D, \$\$

Heirloom • Modern Continental • EP Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 heirloomnewhaven.com. Open daily. B L (Mon.-Sat.) D SB, \$\$, WA

Home • American Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 www.homerestaurantct.com. Closed Mon. L D, \$\$, E

L'Orcio • Contemporary Italian • EP This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 lorcio.com. Closed Mon. L (Fri.) D, \$\$

Mamoun's • Middle Eastern • RC Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 mamouns.com. Open daily. L D LS, \$, WA

Miya's • Sushi • EP Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 miyassushi.com. Closed Sun.-Mon. L D, \$\$\$, WA

Moxie • American High-end American cuisine is the star here. Try the perfectly cooked burger that comes with awesome fries doused in kosher salt and malt vinegar powder. • 52 Wall St., Madison, 203-421-6963 moxie-bar.com. Closed Mon. D (Tues.-Sun) L (Fri.-Sun.), \$\$, WA

Park Central Tavern • American The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 parkcentraltavern.com. Open daily. L D, \$, WA

Ristorante Luce • Classic Italian Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 ristoranteluce.net. Open daily. L (Mon.-Fri.) D, \$\$

Roia • French/Italian This new spot in the Taft Hotel building evokes a golden era when romance reigned. On the menu: artichoke soup, chicken al mattone and panna cotta. • 261 College St., New Haven, 203-200-7045 roiarestaurant.com. Open Wed-Sun. D, \$\$, WA

Sake Fusion Restaurant • Asian Fusion Indian pancakes with curry sauce and Vietnamese-style grilled pork are just a few of the Asian-fusion dishes on the menu. • 730 Main St. S., Southbury, 203-264-2888 sakefusionsouthbury.com. Open daily. L (Mon.-Sat.) D, \$, WA

Sans Souci • American A casual mainstay in the area that prides itself on offering fresh pasta, steak, chicken, veal, seafood and other crowd pleasers. • 2003 N. Broad St., Meriden, 203-639-1777 sanssoucirestaurant.com. Closed Mon. L (Tues.-Fri.), D, \$\$

Señor Pancho's • Mexican Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 senorpanchos.com. Open daily. L D SB, \$, E, WA

Shell & Bones Oyster Bar & Grill • Seafood • EP This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 shellandbones.com. Open daily. D L (Sat.-Sun.), \$\$\$

Tre Scalini • Italian Elegantly decorated Trattoria-style restaurant offering traditional and creative Italian fare, with a full bar and an extensive wine list. A private banquet room is available, as is outside patio dining during the summer. • 100 Wooster St., New Haven, 203-777-3373 trescalinirestaurant.com. Open daily. L (Mon.-Fri.) D, \$\$, WA

The Wharf • New American • EP This spot at the Madison Beach Hotel serves up panko-crusted sea bass, duck two ways and bourbon-glazed pork tenderloin — with a side of water views. • 94 West Wharf Road, Madison, 203-350-0014 madisonbeachhotel.com. Open daily. B L D, \$\$\$, WA

| New London County |

Bleu Squid • American A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 dessertsmyticct.com. Open daily. L, \$, WA

Breakwater • Seafood Located where Skipper's Dock used to be and offers stunning views and ocean-to-table dishes including some with Asian or Latin-American touches. • 66 Water St., Stonington, 860-415-8123 breakwaterstonington.com. Closed Mon.-Tues. L D, \$\$, WA

Caffé NV • Greek Favorites include pasta a la Philip and shrimp Saganaki at this restaurant with stained-glass windows and brick walls. • 57 Boston Post Road, Waterford, 860-444-8111 cafenv.com. Closed Sun. L D LS, \$\$, WA

The Captain Daniel Packer Inn • American This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon. • 32 Water St., Mystic, 860-536-3555 danielpacker.com. Open daily. L D, \$\$\$, WA

Chester's Barbecue • Barbecue • EP RC Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 chestersbbq.com. Open daily. L D, \$

David Burke Prime • American • EP An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 davidburke-prime.com. Open daily. L D SB, \$\$\$

Flanders Fish Market & Restaurant • Seafood Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 flandersfish.com. Open daily. L D SB, \$\$, WA

Frank Pepe Pizzeria Napoletana • Pizza While world-famous clam pizza is the standout, many others are also worth the wait. This expanding pizza empire continues to set the standard for Connecticut pies. • Mohegan Sun, Uncasville, 860-862-8888 pepespizzeria.com. Open daily. L (Mon.-Fri.) D, \$, WA

Frank's Gourmet Grille • American • EP RC In 2011, much to the dismay of local food fans, the original Frank's Gourmet Grille closed after nearly a decade in East Lyme. In 2015, the American restaurant made a triumphant return, this time in Mystic. • 56 Whitehall Ave., Mystic, 860-415-4666 franksgourmetgrilleinmystic.com. Open Tues.-Sun. L D, \$\$

Jasper White's Summer Shack • Seafood This award-winning restaurant features live lobster and crab, fried seafood, chowders and wood-grilled fish. • Mohegan Sun, Uncasville, 860-862-9500 summershackrestaurant.com. Open daily. L D SB, \$\$

Kensington's at Norwich Inn • American A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 thespaatnorwichinn.com/kensingtons. Open daily. B L D SB, \$\$\$, E, WA

Kitchen Little • American Enjoy a panoramic view of the Mystic River while dining on eggs Benedict, omelets and other savory egg dishes at this breakfast destination. • 36 Quarry Road, Mystic, 860-536-2122. Open daily for breakfast. B L (Mon.-Fri.) SB, \$

The Old Lyme Inn • American • EP The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 oldlymeinn.com. Open daily. L D, \$\$\$, WA

Oyster Club • American • EP This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 oysterclubct.com. Closed Tues. L (Sat.) D SB, \$\$, WA

| Tolland County |

Asian Bistro • Asian Fusion A popular hibachi steakhouse/bar offering Asian-fusion dishes along with sushi and sashimi. • 95 Storrs Road, Mansfield, 860-456-8316 asianbistromansfield.com. Open daily. L D, \$\$, WA

Bidwell Tavern & Cafe • American • EP This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, \$\$, E, WA

The Blue Oak at the Nathan Hale Inn • American On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. B L D, \$

Elmo's Dockside • Seafood Known for fresh, local seafood, homemade clam chowder and lobster bisque, USDA High Choice beef, poultry and pasta dishes. • 48 Hartford Tpke., Vernon, 860-646-3474 elmosdockside.com. Open daily. L (Mon.-Sat.) D, \$

Lake View • Fresh Seafood / Italian • EP Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 coventrylakeview.com. Open daily. L D, \$\$, E, WA

Pancho Loco • Mexican Don your shorts and Hawaiian shirt and try this Parrothead paradise for sizzling fajitas and chillin' margaritas. • 218 Talcottville Road, Vernon, 860-871-1819 pancholoco.net. Open daily. L D, \$, E, WA

Rein's New York Style Deli-Restaurant • American • RC Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 reinsdeli.com. Open daily. B L D LS SB, \$, WA

Trattoria da Lepri • Italian This family-owned and -run eatery prepares dishes from scratch with local ingredients. • 89 West Road, Ellington, 860-875-1111 trattoriadalepri.com. Closed Sun.-Mon. D, \$\$, WA

True Blue Tavern at the Nathan Hale Inn • American Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 nathanhaleinn.com. Open daily. D, \$, WA

Utsav Indian Cuisine • Indian This gem boasts a menu of delectable Indian treats such as shamm savera or calamari cochin. • 575 Talcottville Road, Vernon, 860-871-8714 utsavcuisine.com. Open daily. L D, \$\$, WA

Vernon Diner • Continental Enjoy anything from homemade French toast and Greek specialties to steak, seafood and pasta at this friendly spot in Vernon. • 453 Hartford Tpke., Vernon, 860-875-8812 vernondiner.com. Open daily. B L D LS, \$, WA

Windham County

Bella's Bistro • Northern Italian An upscale spot with a seasonal menu serving veal, beef, chicken, pork, pizzas and more. • 75 Main St., Putnam, 860-928-7343 bellasbistromarket.com. Closed Mon. L D (Tues.-Sat.), \$\$, WA

The Courthouse Bar & Grille • American Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 courthousebarandgrille.com. Open daily. L D LS (weekends), \$, WA

Fiesta Cinco De Mayo • Mexican A festive spot offering pollo salsa verde, carne asada and great guacamole. • 1228 Main St., Willimantic, 860-423-9524. Open daily. L D, \$\$, WA

Golden Lamb Buttery • American • EP In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateaubriand or honey-glazed rack of lamb. • 199 Bush Hill Road, Brooklyn, 860-774-4423 thegoldenlamb.com. Closed Sun.-Mon. L D (Fri.-Sat.), \$\$\$, E, WA

Hank's Restaurant • American A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 hanksrestaurant.com. Open daily. L D, \$\$\$

The Heirloom Food Company • Vegan • EP Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779-3373 eatheirloomfood.com. Closed Sun.-Mon. B L, \$

The Inn at Woodstock Hill • American The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 woodstockhill.com. Open daily. L (Thurs.-Sat.) D SB, \$\$\$, WA

The Mansion at Bald Hill • American The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 mansionatbaldhill.com. Closed Mon. D, \$\$\$, WA

The Vanilla Bean Café • American Known for its homemade soups, award-winning chili, vegetarian dishes and desserts. • 450 Deerfield Road (Rtes. 44, 169 & 97), Pomfret, 860-928-1562 thevanillabeancafe.com. Open daily. B L D (Wed.-Sun.), \$, E, WA

Willimantic Brewing Co. / Main Street Café • Brew Pub • EP This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 willibrew.com. Open daily. L (Tues.-Sun.) D, \$\$, WA

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2ND ANNUAL CPTV SPORTS TIP-OFF CLASSIC

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PRESIDENT'S MESSAGE

At the Connecticut Public Broadcasting Network (CPBN), we are passionate about good journalism – journalism that explores important issues in a thorough, objective manner, while taking a variety of perspectives into account. We are proud to feature that kind of journalism across our media platforms, including Connecticut Public Television (CPTV), Connecticut Public Radio (WNPR), and WNPR's online news hub, WNPR.org.

For example, we have been working for many months to help our audiences stay informed about the 2016 presidential election. On-air and online, we have provided comprehensive reports and updates like only public media can – with balance and depth, but without all the hype. Now, we hope you will join us on November 8 as CPTV and WNPR air up-to-the-minute coverage of election results. For more on our Election Day coverage, see this issue's feature story.

Our commitment to quality journalism makes our new strategic partnership with Torrington's Warner Theatre a perfect fit. Through this partnership, CPBN and the Warner Theatre have established a new engagement center in Torrington. The center includes educational facilities and an expansion of CPBN's award-winning news bureau, among other properties.

The engagement center will help expand CPBN's presence and initiatives even further throughout the state, enabling more Connecticut residents to gain access to the benefits of public media. It also provides opportunities for hands-on learning, as the center's classroom space is the site of CPBN and the Warner Theatre's new Broadcast Journalism and Digital Media course. Held this fall, the course, modeled after CPBN's successful Learning Lab in Hartford, is led by WNPR journalists, and teaches high school students about the kind of responsible journalism that CPBN is proud to showcase. For more information on this partnership and engagement center, please visit cblearninglab.org.

We thank the Warner Theatre for embarking on this exciting project with us. We also thank you, our members, for making such projects possible, and for enabling us to help our audiences stay knowledgeable about their state, nation, and world.

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network

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HIGHLIGHTS

Anne of Green Gables

Thursday, November 24 at 8 p.m. on CPTV

A new adaptation of Lucy Maud Montgomery's classic novel tells the story of Anne Shirley, a precocious orphan placed in the care of uptight Marilla Cuthbert and her brother Matthew, played by acclaimed actor Martin Sheen. Neither the adventurous Anne nor the conservative Marilla could anticipate the profound effect they'd have on each other's lives.



Downtown Abbey on Masterpiece, Seasons 1-3

Saturday, November 26 at 10 a.m.
Sunday, November 27 at 10 a.m. on CPTV4U

Take a look back at where it all began with this mini-marathon of the first three seasons of the beloved classic.



Nature: The Story of Cats Wednesdays at 8 p.m. beginning November 2 on CPTV

Journey around the world and discover the origins of the feline species. Using the latest camera technology and working with leading scientists, this two-part event takes viewers from the rainforest to the savannah, exploring what makes this unique species able to adapt and evolve.

BrainFit: 50 Ways to Grow Your Brain with Daniel Amen, MD and Tana Amen, RN Saturday, November 26 at 3:30 p.m. and Tuesday, November 29 at 8 p.m. on CPTV

Tune in for this engaging countdown of ways to grow your brain and ignite your energy and focus at any age. Award-winning psychiatrist, brain-imaging expert, and 10-time *New York Times* bestselling author Dr. Daniel Amen and his wife Tana share simple strategies to help you feel younger, stronger, and more vibrant.



Il Volo's Notte Magica: A Tribute to The Three Tenors

Saturday, November 26 at 8:30 p.m. and Monday, November 28 at 8 p.m. and 9:30 p.m. on CPTV

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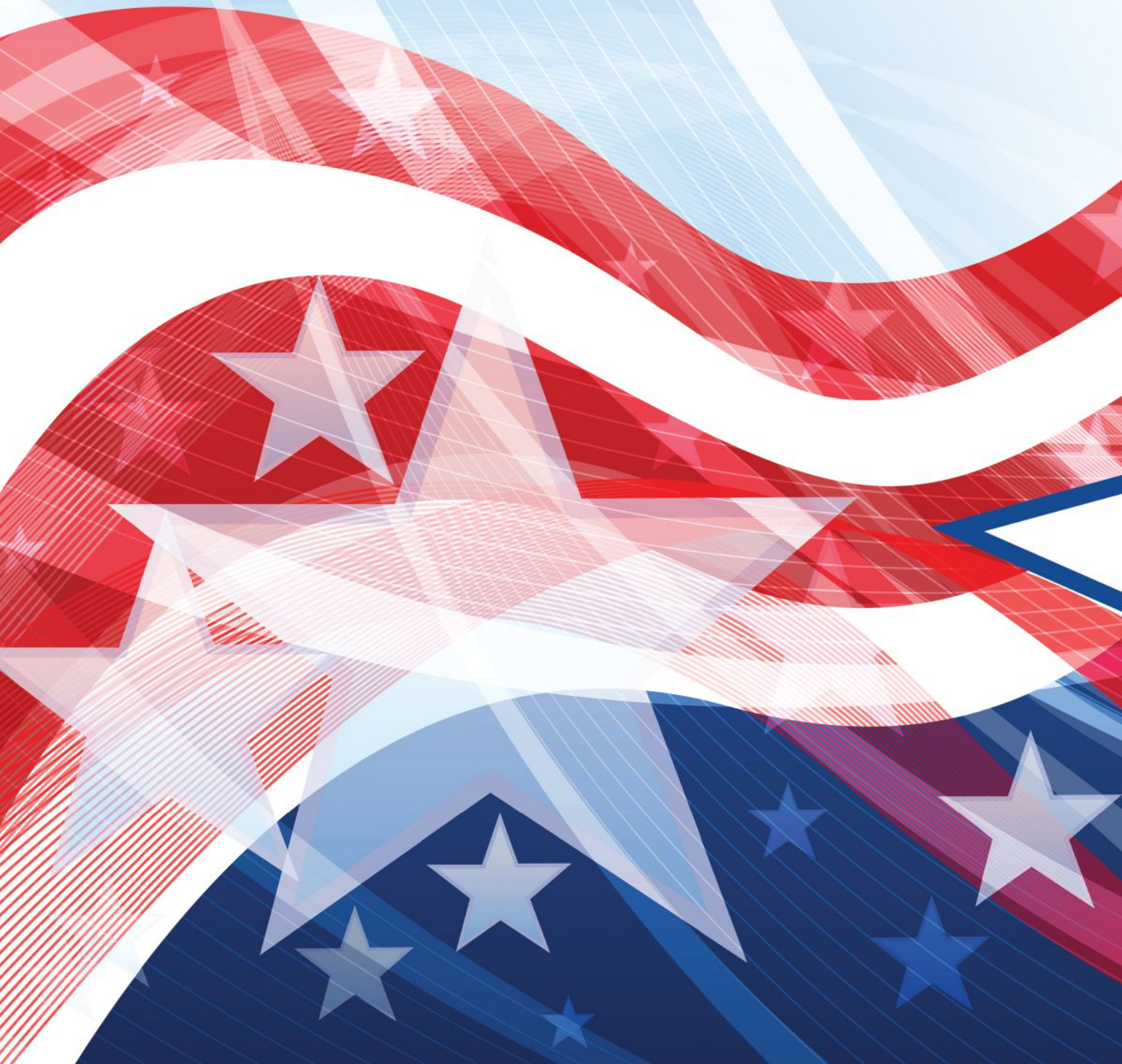
The Italian classical pop trio honors the beloved Three Tenors when they are joined by Placido Domingo himself for a magical concert beneath the stars in Florence, Italy's incredible Santa Croce Square.



Election 2016:

cpbn

Presents
Exclusive
Coverage
this
November



Stay informed in the days leading up to one of the most important elections of this generation with exclusive coverage from CPTV and WNPR. This November, the Connecticut Public Broadcasting Network (CPBN) will provide analysis from all angles, examining the presidential candidates, their positions, and their opinions on key topics affecting Americans today.

Here are a few programs to look out for before heading to the polls on November 8:

PBS NewsHour Election Night Coverage Tuesday, November 8 at 8 p.m.

Get trusted, in-depth, and independent election night coverage with a comprehensive and up-to-date look at the latest statistics and figures. Join *PBS NewsHour* anchors Gwen Ifill and Judy Woodruff for a full evening of news and analysis.

For more on CPTV's coverage of the 2016 Election, visit cptv.org.

cptv

 **PBS NEWSHOUR**

WNPR Newsroom Coverage

Leading up to Election Day 2016, the WNPR newsroom has been hard at work exploring not only how the election will affect the country, but also how it will impact the state of Connecticut. Upcoming reporting initiatives include topics such as how young people are learning about the election, how immigrants view the candidates, and what role Connecticut and its politicians will play in the new administration.

Visit wnpr.org for the latest reports and analysis, including what WNPR has planned for the night of the election.

wnpr
n p r



CPBN Learning Lab Participates in DEAR POTUS Project

Students from the Journalism and Media Academy (JMA), a partnership between Hartford Public Schools and the CPBN Learning Lab, began the 2016 school year with a special assignment: Given the chance to address the next President of the United States about an issue important to them, what would they say? JMA seniors were asked to research, write, and record an open video letter voicing their opinion. Videos were submitted as part of the Letters to the Next President 2.0 project, a national campaign presented by the National Writing Project and KQED San Francisco.

"This project offers students a voice, but also an opportunity for the adult leaders in their lives to listen," says Mallory Mason, Partnership Program Manager at CPBN's Learning Lab.

"These students are our future community and business leaders, and when given the opportunity to be heard, they initiated conversations around college affordability, #BlackLivesMatter, prison reform, and police brutality. They are using their voices, and now it is our turn to listen."

For more on the DEAR POTUS Project and to view entries by JMA students, please visit ctlearninglab.org.



Prime Time | November 1-6

- CPTV Original, CPTV National Production or Presentation, or CPTV Co-production indicated in **blue font**.
- Program or episode premiere indicated by a **P**. Live broadcasts indicated by a **L**.
- Asterisk indicates that show begins prior to 8 p.m.; two asterisks indicate that show ends after 12 a.m. Visit CPTV.org/schedule for exact start and end times.
- This schedule is accurate as of press time; visit CPTV.org/schedule for the most up-to-date program schedule.

TUE 1	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Contenders: '16 for 16 - Bush/Obama: The Master Campaigners P		The Battle of Chosin: American Experience P Revisit this pivotal 1950 Korean War battle through the eyewitness accounts of participants.			History Detectives - Korean War Letter, Diana, and Lookout Mountain Painting		
CPTV4U	The Great British Baking Show, Season 3 - Master Class 4		Death in Paradise - She Was Murdered Twice		The Inspector Lynley Mysteries - For the Sake of Elena The daughter of a Cambridge professor is killed.		Charlie Rose**	
WED 2	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - The Story of Cats, Part 1: Asia to Africa P Discover how the first cats arose in the forests of Asia.		NOVA - Treasures of the Earth: Gems P Learn how precious gemstones are forged.		Secrets of the Dead - Graveyard of the Giant Beasts P Scientists examine a 43-foot snake.		Exotic Invaders: Pythons in the Everglades The Everglades' ecosystem is under attack by pythons.	
CPTV4U	Antiques Roadshow - Jacksonville, Part 3		Home Front: Connecticut During WWII See how Connecticut residents supported the war effort.			War on Our Shores	Charlie Rose	
THU 3	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Death in Paradise - Unlike Father, Unlike Son A man awaiting trial is shot dead.		The Inspector Lynley Mysteries - Missing Joseph A clergyman is found dead, supposedly poisoned by accident. What really happened?			The Dr. Blake Mysteries - Game of Champions Contestants on a successful TV quiz show start dying.		This Old House
CPTV4U	Israel: The Royal Tour Benjamin Netanyahu leads an all-access tour.		Ecuador: The Royal Tour Explore the Amazon rain forest and more.		Latino Americans - Peril & Promise		Charlie Rose	
FRI 4	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - The Straw Woman, Part 1 P A man is burned alive inside a straw effigy.		Shetland - Pilot, Part 1 A woman whosecroft is the site of an archaeological dig is murdered.		Infinity Hall Live - Melissa Etheridge Etheridge performs hits including "Come to My Window."		Sing That Thing - Season 2, Part 8	In Focus - Season 3, Part 8
CPTV4U	Nature - Animal Odd Couples Explore cross-species relationships.		Nature - Animal Misfits Meet odd and unlikely creatures.		Nature - Nature's Perfect Partners Learn how animals use teamwork.		Charlie Rose	
SAT 5	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Viewers' Favorites* (Start: 7:30 p.m.) Relax as CPTV presents one of its most popular specials.		Movie Classics Collection - Speed P A SWAT team ace (Keanu Reeves) must keep the speed of a bus above 50 mph or a madman's bomb will explode.			Science Goes to the Movies		Science Goes to the Movies
CPTV4U	Endeavour, Season 3 on Masterpiece - Coda The murder of a man who works in fashion causes a shakeup.			The Dr. Blake Mysteries - Game... (See CPTV, Nov. 3 at 10:30 p.m.)		Inspector George Gently - Gently in the Blood Gently investigates the death of a young civil servant.		
SUN 6	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Durrells in Corfu on Masterpiece - Part 4 P Leslie gets thrown out of the house.		Poldark, Season 2 on Masterpiece - Part 6 P A fugitive points the way to riches.		Indian Summers, Season 2 on Masterpiece - Part 8 P Alice and Aafin hatch an ambitious plan.		The Dr. Blake Mysteries - Game of Champions (See CPTV, Nov. 3 at 10:30 p.m.)	
CPTV4U	Johnny Cash's Bitter Tears Cash's concept album is explored.		Austin City Limits - Natalia Lafourcade/Grupo Fantasma P		The Kate - Jarrod Spector The singer performs a dynamic set.		Speakeasy - Frankie Valli/ Paul Shaffer P	



The Battle of Chosin: American Experience Tuesday, November 1 at 9 p.m. on CPTV

Revisit this pivotal 1950 Korean War battle through the eyewitness accounts of participants. Discover the harrowing story of bloody combat and heroic survival in the first major military clash of the Cold War.

**AMERICAN
EXPERIENCE**

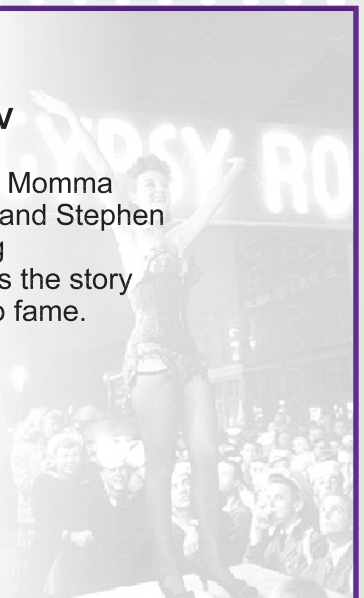
Prime Time | November 7-12

MON 7	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Celebrating Asian-Pacific Heritage Items include a Hawaiian kou bowl.		USO - For the Troops For years, the USO has lifted the spirits of military service personnel.		Frontline - The Choice 2016 <i>Frontline</i> investigates where Hillary Clinton and Donald Trump came from, how they lead, and why they want to be president.			
CPTV4U	Nature - Raising the Dinosaur Giant		Secrets of the Dead - Graveyard of the Giant Beasts		Exotic Invaders: Pythons in the... (See CPTV, Nov. 2 at 11 p.m.)		Charlie Rose	
TUE 8	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	PBS NewsHour's Election Night Coverage <i>PBS NewsHour</i> presents live coverage of election results throughout the evening starting at 8 p.m.							
CPTV4U	How Sherlock Changed the World - Part 1		Death in Paradise - Unlike Father... (See CPTV, Nov. 3 at 8 p.m.)		The Inspector Lynley Mysteries - Missing Joseph (See CPTV, Nov. 3 at 9 p.m.)		Charlie Rose**	
WED 9	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - The Story of Cats, Part 2: Into the Americas Learn how cats crossed into North America.		NOVA - Treasures of the Earth: Metals How did the mastery of metals lead us from the Stone Age?		Military Medicine: Beyond the Battlefield Explore military medical advances and technology.		Antiques Roadshow - Celebrating Asian-Pacific Heritage (See CPTV, Nov. 7 at 8 p.m.)	
CPTV4U	Antiques Roadshow - Celebrating Asian... (See CPTV, Nov. 7 at 8 p.m.)		Battlefront: Connecticut During WWII		Heroes: Connecticut During WWII		Charlie Rose	
THU 10	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Queen Victoria's Children - Part 1: A Domestic Tyrant Gain a new understanding of the British queen.		The Inspector Lynley Mysteries - Playing for the Ashes Lynley seeks the help of a profiler when he investigates the death of a superstar cricket player.			The Dr. Blake Mysteries - All That Glitters A man declares he's struck gold, but is soon found dead.		This Old House
CPTV4U	Mystic Voices: The Story of the Pequot War - Part 1		Mystic Voices: The Story of the Pequot War - Part 2		Medicine Woman Native American women healers are profiled.		Charlie Rose	
FRI 11	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - The Straw Woman, Part 2 (See CPTV, Nov. 4 at 8 p.m.)		Shetland - Pilot, Part 2 (See CPTV, Nov. 4 at 9 p.m.)		Infinity Hall Live - Rhiannon Giddens The singer and multi-instrumentalist performs.		Bluegrass Underground	In Focus - Season 3, Part 9
CPTV4U	Choctaw Code Talkers Learn about forgotten wartime heroes.		The Battle of Chosin: American Experience (See CPTV, Nov. 1 at 9 p.m.)				Charlie Rose	
SAT 12	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics Collection - How to Marry a...* (Start: 7:30 p.m.)		Gypsy <i>Great Performances</i> presents Imelda Staunton as the indomitable Momma Rose in London's hit revival of Jule Styne and Stephen Sondheim's classic musical.				Theater Talk	
CPTV4U	Churchill's Secret on Masterpiece Winston Churchill faces a life-threatening stroke in 1953.			The Dr. Blake Mysteries - All... (See CPTV, Nov. 10 at 10:30 p.m.)		Inspector George Gently - Gently Through the Mill The manager of a mill apparently commits suicide.		



Gypsy Saturday, November 12 at 9 p.m. on CPTV

Catch Imelda Staunton as the indomitable Momma Rose in London's hit revival of Jule Styne and Stephen Sondheim's classic musical. Also featuring Peter Davison and Lara Pulver, *Gypsy* tells the story of stripper Gypsy Rose Lee and her rise to fame.



Prime Time | November 13-18

SUN 13	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Durrells in Corfu on Masterpiece - Part 5 Bad luck and bad moods cause problems.		Poldark, Season 2 on Masterpiece - Part 7 For once, Ross plays the game he despises.		Indian Summers, Season 2 on Masterpiece - Part 9 Aafin faces a dire fate.		The Dr. Blake Mysteries - All That Glitters (See CPTV, Nov. 10 at 10:30 p.m.)	
CPTV4U	Live from the Artists Den - The Lumineers		Austin City Limits - My Morning Jacket/Ben Harper		Infinity Hall Live - Tedeschi Trucks Band		Speakeasy - David Crosby/Wynton Marsalis	
MON 14	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - Junk in the Trunk 6 A 1942 Lynn Bogue Hunt painting is appraised.		Antiques Roadshow - New York City, Part 2 Highlights include a Tiffany Studios mosaic inkwell.		Soundbreaking - Part 1: The Recording Artist Explore the role of the music producer.		The Concert to Face Addiction This night of music is dedicated to raising awareness of addiction.	
CPTV4U	Nature - Jungle Eagle Meet the most powerful raptor in the world.		Nature - Jungle Animal Hospital Visit a wild hospital in Guatemala.		Nature - The Animal House Get a look at the "home life of wildlife."		Charlie Rose	
TUE 15	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Black America Since MLK: And Still I Rise - Part 1: Out of the Shadows/Move On Up Henry Louis Gates, Jr. takes a personal journey through the past 50 years of black history.				Soundbreaking - Part 2: Painting with Sound The recording studio itself has become an instrument.		Great Performances - The Beatles' Magical Mystery Tour	
CPTV4U	How Sherlock Changed the World - Part 2		Unlocking Sherlock Get a behind-the-scenes look at the TV series.		The Inspector Lynley Mysteries - Playing for the Ashes (See CPTV, Nov. 10 at 9 p.m.)			Charlie Rose**
WED 16	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Nature - Honey Badgers: Masters of Mayhem Badger specialists take on the relentless honey badger.		NOVA - Treasures of the Earth: Power Earth's natural treasures provide bountiful energy.		Soundbreaking - Part 3: The Human Instrument Learn how a song's vocal track is recorded.		Infinity Hall Live - Melissa Etheridge (See CPTV, Nov. 4 at 10 p.m.)	
CPTV4U	Antiques Roadshow - Junk in... (See CPTV, Nov. 14 at 8 p.m.)		Sister Wendy at the Norton Simon Museum		Fake or Fortune - Renoir A painting in a castle is investigated.		Charlie Rose	
THU 17	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Queen Victoria's Children - Part 2: Princes Will Be Princes (See CPTV, Nov. 10 at 8 p.m.)		The Dr. Blake Mysteries - Someone's Son, Someone's Daughter		Soundbreaking - Part 4: Going Electric Innovators like Jimi Hendrix unleashed new sounds.		Infinity Hall Live - Keb' Mo' The three-time Grammy winner takes the stage alongside his band.	
CPTV4U	Surviving Thanksgiving with Sara Moulton		Heirloom Meals' Thanksgiving Seasonal recipes are featured.		The Pilgrims: American Experience The converging forces and events that led the pilgrims to cross the Atlantic in 1620 are explored.			
FRI 18	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Ghosts of Christmas Past, Part 1 Events of the past must be unraveled.		Shetland - Raven Black, Part 1 A teenage girl is found dead on a secluded beach.		Soundbreaking - Part 5: Four on the Floor Chart the progression of the beat from bass to beat box.		Bluegrass Underground	In Focus - Season 3, Part 10
CPTV4U	NOVA - Treasures of the Earth: Gems (See CPTV, Nov. 2 at 9 p.m.)		NOVA - Treasures of the Earth: Metals (See CPTV, Nov. 9 at 9 p.m.)		NOVA - Treasures of the Earth: Power (See CPTV, Nov. 16 at 9 p.m.)		Charlie Rose	



Soundbreaking: Stories from the Cutting Edge of Recorded Music Weeknights, November 14-23 at 10 p.m. on CPTV

Explore the extraordinary impact of recorded music on the modern world in this eight-episode series. Featuring more than 150 exclusive interviews with such luminaries as Paul McCartney, Ringo Starr, Joni Mitchell, Roger Waters, Roger Daltrey, and more, viewers will receive an unprecedented inside look at the monumental art form and creative process.

Prime Time | November 19-24

SAT 19	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Movie Classics Collection - Picnic* (P) (Start: 7:30 p.m.) A handsome drifter provokes intense emotions in citizens of a Kansas town at a Labor Day festival.			Pioneers of Television - Funny Ladies Mary Tyler Moore, Carol Burnett, and others are highlighted.		Pioneers of Television - Acting Funny The backstage techniques of comedic actors are revealed.		Pioneers of Television - Standup to...**
CPTV4U	Murder on the Home Front A pathologist investigates the murders of women in WWII-era London.			The Dr. Blake Mysteries - Someone's Son, Someone's...		Sherlock on Masterpiece - The Abominable Bride Join Sherlock and Dr. Watson in 1890s London.		
SUN 20	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Durrells in Corfu on Masterpiece - Part 6 (P) Big plans are afoot in the season finale.		Poldark, Season 2 on Masterpiece - Part 8 (P) Demelza and Ross wage bitter war.		Indian Summers, Season 2 on Masterpiece - Part 10 (P) Aafrin tries to stop Alice and Charlie.		The Dr. Blake Mysteries - Someone's Son, Someone's Daughter	
CPTV4U	Alan Cumming Sings Sappy Songs (P)		Live from Lincoln Center - Kern & Hammerstein's Show Boat (P) Relish this groundbreaking musical about love and heartbreak performed by the New York Philharmonic.					Theater Talk
MON 21	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Antiques Roadshow - New York City, Part 3 Highlights include a 1943 Irving Berlin manuscript.		Antiques Roadshow - Austin, Part 1 Items include a pin designed by artist Roy Lichtenstein.		Soundbreaking - Part 6: The World Is Yours (P) How did sampling create a new genre of music?		Hitmakers Artists and label mav-ericks discuss the music industry's resilience in the digital age.	
CPTV4U	Nature - The Story of Cats, Part 1... (See CPTV, Nov. 2 at 8 p.m.)		Nature - The Story of Cats, Part 2... (See CPTV, Nov. 9 at 8 p.m.)		Nature - India's Wandering Lions		Charlie Rose	
TUE 22	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Black America Since MLK: And Still I Rise - Part 2: Keep Your Head Up/Touch the Sky (P) (See CPTV, Nov. 15 at 8 p.m.)				Soundbreaking - Part 7: Sound and Vision (P) See how the music video transformed music.		Great Performances - Annie Lennox: Nostalgia Live in Concert	
CPTV4U	Sherlock on Masterpiece - The Abominable Bride (See CPTV4U, Nov. 19 at 10:30 p.m.)			The Inspector Lynley Mysteries - In the Presence of the Enemy (See CPTV, Nov. 24 at 10 p.m.)			Charlie Rose	
WED 23	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Pearl Harbor (P) The USS Oklahoma, which capsized during the Pearl Harbor attack, is explored.		Expedition Pearl Harbor (P) A look inside the USS Arizona reveals the aftermath of the Pearl Harbor attack.		Soundbreaking - Part 8: I Am My Music (P) Listening formats determine how people enjoy music.		Great Performances - Tony Bennett and Lady Gaga: Cheek to Cheek Live!	
CPTV4U	Antiques Roadshow - Austin, Part 1 (See CPTV, Nov. 21 at 9 p.m.)		Will Rogers and American Politics (P)		Mary Tyler Moore: A Celebration The actress' career is celebrated.		Charlie Rose	
THU 24	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Anne of Green Gables (P) This new adaptation tells L.M. Montgomery's classic story of an orphan girl mistakenly placed in the home of two middle-aged siblings.			Connecticut's Cultural Treasures	The Inspector Lynley Mysteries - In the Presence of the Enemy The love child of a Liberal MP and a conservative newspaper editor is kidnapped.			This Old House
CPTV4U	You Are Cordially Invited	The Manners of Downton Abbey: A Masterpiece Special		More Manners of Downton Abbey: A Masterpiece Special		You Are Cordially Invited	Charlie Rose	

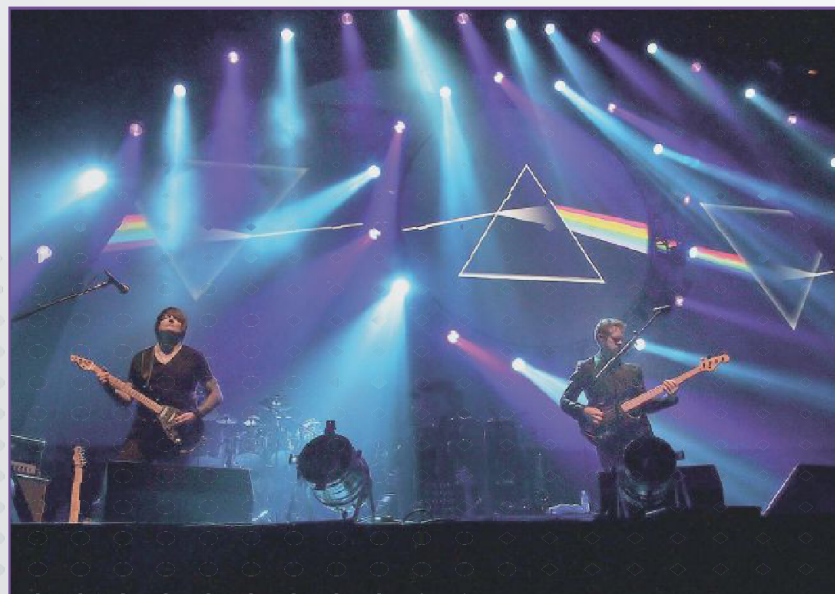


Pearl Harbor Wednesday, November 23 at 8 p.m. and 9 p.m. on CPTV

Learn what happened to the USS Oklahoma, the only battleship to capsize during the attack on Pearl Harbor. Examine new details about what may have caused the ship to overturn, and hear stories from Oklahoma survivors and families of those lost.

Prime Time | November 25-30

FRI 25	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Midsomer Murders - Ghosts of Christmas Past, Part 2 (See CPTV, Nov. 18 at 8 p.m.)		Shetland - Raven Black, Part 2 (See CPTV, Nov. 18 at 9 p.m.)		Infinity Hall Live - Galactic The seminal New Orleans band shares the cultural flavor of its home city.		Bluegrass Underground	In Focus - Season 3, Part 11
CPTV4U	Expedition Pearl Harbor (See CPTV, Nov. 23 at 9 p.m.)		Pearl Harbor (See CPTV, Nov. 23 at 8 p.m.)		Heroes: Connecticut During WWII		Charlie Rose	
SAT 26	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	The Best of Brit Floyd* (Start: 7 p.m.)	Il Volo Notte Magica Join the superstar trio and guest Plácido Domingo for a magical night of music beneath the stars.			Get Down Tonight: The Disco Explosion (My Music) Famed music group KC and the Sunshine Band hosts a historic reunion with superstars of the 1970s disco and dance era.			
CPTV4U	Downton Abbey on Masterpiece - Season 1 Marathon* (Start: 2 p.m.) All four episodes of Season 1 air back-to-back starting at 2 p.m.				The Manners of Downton Abbey: A Masterpiece Special		Infinity Hall Live - Sadie & the Hotheads	
SUN 27	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Under the Streetlamp: Rockin' Round the Clock* (Start: 7:30 p.m.; See CPTV, Nov. 30 at 8 p.m.)		Poldark, Season 2 on Masterpiece - Part 9 The wars tempt Ross and Dwight.		The Best of Brit Floyd The "world's greatest Pink Floyd tribute show" returns with performances filmed in Liverpool, Red Rocks, and Amsterdam.			Eat Fat, Get Thin with Dr. Mark Hyman**
CPTV4U	Downton Abbey on Masterpiece - Season 2 Marathon* (Start: 10 a.m.) All seven episodes of Season 2 air back-to-back starting at 10 a.m.					More Manners of Downton Abbey: A Masterpiece Special		You Are Cordially Invited
MON 28	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Il Volo Notte Magica (See CPTV, Nov. 26 at 8:30 p.m.)			Il Volo Notte Magica (See CPTV, Nov. 26 at 8:30 p.m.)		Best of '50s Pop (My Music)** Classic tunes and memorable artists are showcased.		
CPTV4U	Nature - Natural Born Hustlers: Staying Alive		Nature - Natural Born Hustlers: The Hunger Hustle		Nature - Natural Born Hustlers: Sex, Lies, and Dirty Tricks		Charlie Rose	
TUE 29	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Brain Fit: 50 Ways to Grow Your Brain with Dr. Daniel Amen, M.D. and Tana Amen, R.N. Learn 50 ways to grow your brain and ignite your energy and focus at any age.				Ever Painless with Miranda Esmonde-White This special offers an eye-opening look at pain and its causes and a new approach to pain management.			The Carpenters: Close to You**
CPTV4U	The Guilty - Parts 1, 2, and 3 DCI Maggie Brand leads an investigation into the case of a missing boy in a mini-marathon of this mystery-drama series.						Charlie Rose	
WED 30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
CPTV	Under the Streetlamp: Rockin' Round the Clock The hits of Frankie Valli, Elvis Presley, Tom Jones, the Beatles, and Roy Orbison are showcased.			The Best of Brit Floyd (See CPTV, Nov. 27 at 10 p.m.)			Age Fix with Anthony Youn, M.D.** Youn shares ways to fix age-related skin concerns.	
CPTV4U	Rick Steves'...* (Start: 7:30 p.m.)	Antiques Roadshow - Mansion Masterpieces		You Are Cordially Invited	Antiques Roadshow - Manor House Treasures		Charlie Rose	



The Best of Brit Floyd

Saturday, November 26 at 7 p.m.

Sunday, November 27 at 10 p.m.

Wednesday, November 30 at 9:30 p.m. on CPTV

The world's greatest Pink Floyd tribute show returns, featuring footage from performances from Liverpool, Red Rocks, and Amsterdam.



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Learn About Marine Life This November on CPTV Kids



Don't miss *Splash and Bubbles*, the brand new series premiering Wednesday, November 23 on CPTV Kids. Designed to encourage children to explore the natural undersea world, this animated series follows the adventures of a yellow fusilier fish named Splash and a Mandarin dragonet named Bubbles as they explore the ocean, make new friends, and discover new undersea habitats.



Also premiering this month is *Wild Kratts: Creatures of the Deep Sea*, airing Wednesday, November 23 on CPTV Kids. When the entire Wild Kratts team uses their new submarine to explore the deep sea, they discover that Chef Gourmand is planning to invent new seafood dishes using captured undersea animals. The Wild Kratts team must band together to rescue the marine life before it's too late!



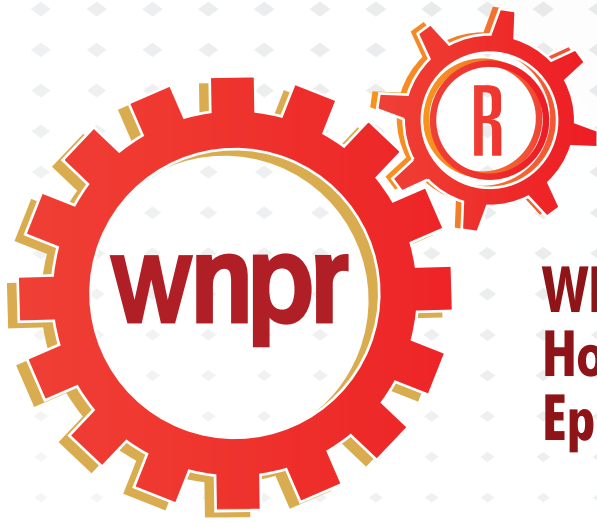
GAZILLION BUBBLE SHOW

Sunday, November 13, 2 p.m.

Bubbles, bubbles, and more bubbles. From millions of tiny floating bubbles to bouncing mega bubbles, bubbles inside bubbles and more. This show promises a bubbly good time for the entire family. World-acclaimed bubble artist and holder of 18 Guinness World Records, Fan Yang has taken his iconic bubble and laser show to greater heights with this brand new multi-million dollar bubble spectacle. You'll smile, laugh, and feel like a kid all over again!

Adults: \$24; Kids: \$22 CALL 860-486-4226

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— Regis Philbin



RADIO

WNPR Reporter Examines Sober Housing Options as Part of Opioid Epidemic Coverage



WNPR's ongoing coverage of the opioid epidemic in Connecticut has covered an array of different topics, representing the overall complexity of the issue. As part of this series, a recent multimedia report by Digital Reporter Ryan Caron King examines Connecticut's sober housing options. King answered a few questions about his findings and what he hopes readers take away from this report.

Note: Sober houses are generally privately-owned, drug-free living environments for individuals attempting to maintain abstinence from alcohol and drugs after being discharged from rehabilitation.

Photos by
Ryan Caron King



1. Why were you interested in learning more about sober houses?

Sober houses are a critical part in the recovery process for many people with addiction. So why do we allow many sober houses to operate in conditions that are often deplorable? I found that addiction advocates and town officials are asking that same question.



2. What did you take away from reporting on this story?

Many people that I talked to for this story who are working to improve conditions in sober houses across Connecticut have been directly impacted by addiction. Many were in recovery themselves. We've heard about how far-reaching the opioid epidemic is, but when it comes to sober houses, there's still a lot of pushback from the community when someone wants to open one. So I hope that readers walk away with an understanding of what sober living is and how community support factors into the success of a sober living home as well as the recovery of people with addiction who live in their community.

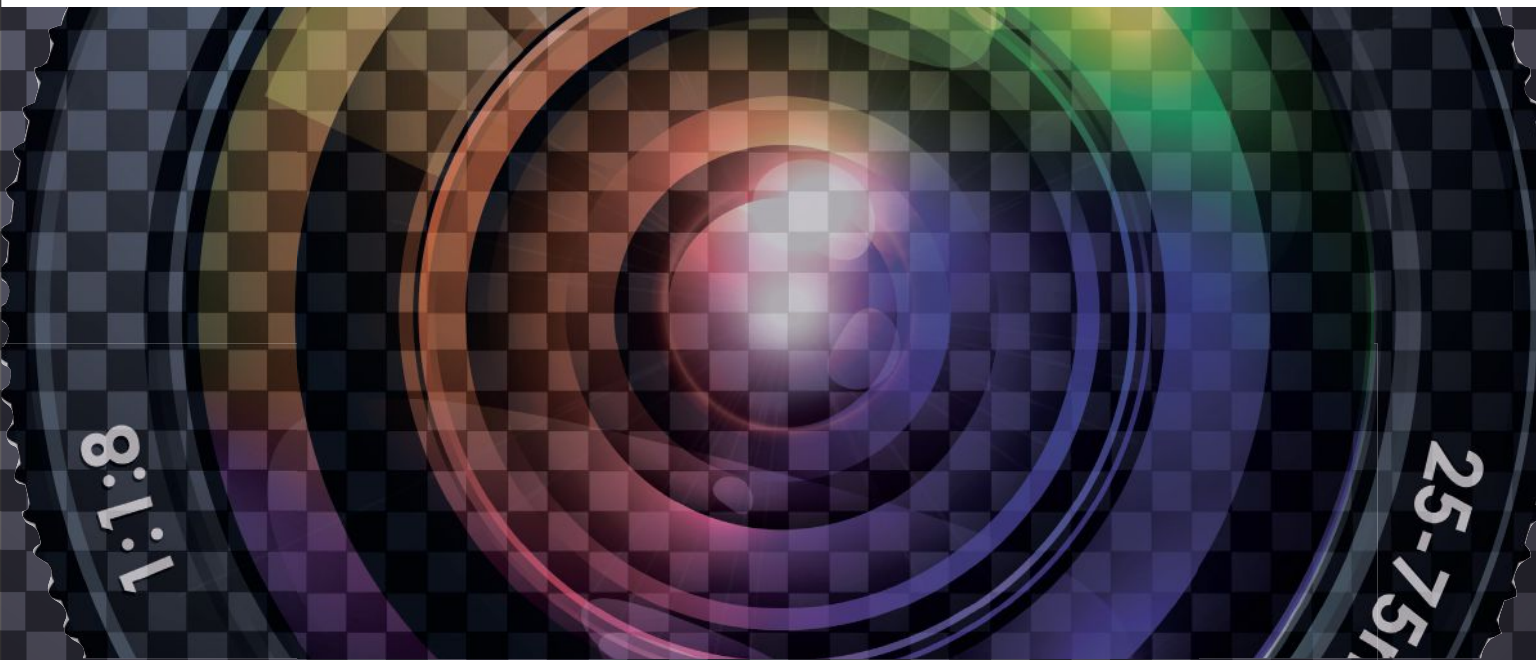


To read King's complete report on sober housing in Connecticut as well as other stories about the opioid epidemic in the state, please visit wnpr.org.

WNPR's Opioid Addiction Crisis Reporting Initiative is supported by Hartford HealthCare Behavioral Health Network's MATCH Program.

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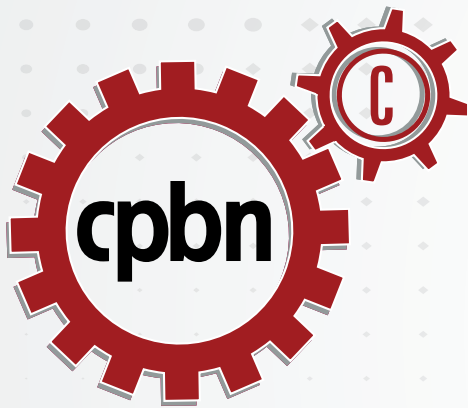


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IN THE COMMUNITY

Blind Pilot Rocks the Stage for CPTV's Infinity Hall Live Free & Easy Concert Series

In September, CPTV presented the second of six free concerts in its Infinity Hall Live Free & Easy Concert Series at Infinity Hall, Hartford. Fans enjoyed an exciting show by Portland, Oregon based indie-folk band Blind Pilot who performed songs from their new album *And Then Like Lions*. Free passes for the concert were awarded by random drawing. The concert was filmed for Season 6 of CPTV's national music series *Infinity Hall Live*.



Photo by Todd Gay

CPTV'S INFINITY HALL LIVE FREE & EASY HARTFORD, CONNECTICUT USA

CPTV's Infinity Hall Live Free & Easy Concert Series Continues!

Sharon Jones & the Dap-Kings
Tuesday, December 6, 2016
8 p.m. | Infinity Hall, Hartford

Sharon Jones & the Dap-Kings have traveled the world for over a decade, dazzling fans with their explosive live performances.

Free passes will be distributed via random drawing beginning Tuesday, October 25.

Visit ihlive.org/freeandeasy for more information and to enter.





Slow Cooker Apple Butter

From Faith:

Picture this...a schmear of your own slow cooker apple butter on toast, plus a container stored in the freezer so you can serve it on top of Brie with toasted walnuts as a holiday appetizer!

Butter is a misnomer, here. This is really a thick warm-spiced sauce. Our region has so many wonderful pick-your-own apple farms. Grab some local honey while you're there and pick a bushel (or two) of apples.

HOW TO MAKE IT:

1. In a large bowl, mix together the sugar, cinnamon, cloves, and salt. Pour it over the diced apples, add the honey, and mix well.
2. Place the apple mixture in a slow cooker and cook, covered on high, for 45 minutes. Taste the mixture, and add more sugar or honey, if necessary. Recover it, set the crock pot temperature to low, and cook it overnight for 9-11 hours. (It will darken in color.)
3. In the morning, remove the crock pot lid and cook it on low for an hour, until thickened.

INGREDIENTS:

6 pounds local apples, combining several varieties for complexity, peeled and chopped fine
3 cups sugar
1/2 cup local honey
3 teaspoons ground cinnamon
1/4 teaspoon ground cloves
1/4 teaspoon salt

Faith





Cycling Saga

150 YEARS AGO, AN UNSUNG CONNECTICUT INVENTOR RECEIVED THE FIRST PATENT FOR A BICYCLE

On April 4, 1866, Pierre Lallement did something no one else in North America had ever done before, something that would literally change the world — he went for a bicycle ride.

On a bicycle he had engineered, Lallement is believed to have pedaled from his home in Ansonia to New Haven. The ride was a demonstration for a patent application he was pursuing, but was so outlandish it caught the attention of the press.

“An enterprising individual propelled himself about the green last evening on a curious frame sustained by two wheels following each other, and driven by foot-crank,” reported a somewhat befuddled uncredited writer for the *New Haven Palladium*, a local newspaper.

A few months later on Nov. 20, 150 years ago this month, Lallement was awarded a patent for his invention.

Lallement’s historic ride and contribution to history were almost entirely overlooked until his story was rediscovered in the early 1990s by David Herlihy, a historian and author of *Bicycle: The History* and *The Lost Cyclist: The Epic Tale of an American Adventurer and His Mysterious Disappearance*.

“In my view, he really is the inventor in the sense that I think he is the spark plug; he is the guy who really makes the great breakthrough,” Herlihy says of Lallement.

Predating the true bicycle was a device sometimes called the dandy horse, a two-wheeled, bicycle-like vehicle that did not have pedals and came on the scene around 1818. “It was kick-propelled and sort of a scooter thing,” Herlihy says. “In my view, that’s not really a bicycle because it was billed as an aid to walking.”

Lallement was born in Pont-à-Mousson, France. According to his later recollections, he had the idea for a bicycle after seeing a dandy horse in action. He was about 18 at the time and working in the carriage industry. Lallement’s bicycle had pedals attached to the front wheel hub. He taught

himself to ride it within a narrow corridor, where he could use his hands to steady himself, at the carriage shop where he worked. Lallement’s description of learning to ride a bicycle is one of the reasons Herlihy finds Lallement’s accounts credible, as he was able to confirm there was a long hallway at the shop where Lallement worked.

Lallement developed his prototype while living and working in Paris. It is there where the story gets murky. For reasons that are not clear, in July 1865, about two years after arriving in Paris, Lallement moved to the United States and ended up in Ansonia. It was in America and not France where he filed his bicycle patent.



Pierre Lallement in Paris, 1869

While Lallement’s patent is the earliest bicycle patent awarded anywhere, he is not the first to start selling a bicycle, because he had trouble finding a manufacturer. In the spring of 1867, a year after Lallement’s ride around the New Haven Green, the Michaux company in Paris began selling bicycles that Herlihy explains were “nearly identical in form to the machine depicted in Lallement’s patent, with a few added accessories such as a brake.”

In the traditional history of the bicycle that ultimately emerged over the years, Michaux co-founder and namesake Pierre Michaux is given credit for inventing the vehicle, and Lallement is cast as an unscrupulous former employee who stole the idea and brought it to America.

“Michaux claimed that he had a patent, but as it turned out, he didn’t,” Herlihy says. “The French gave Pierre [Lallement] kind of a bum rap. They painted him as this imposter that had walked off the Michaux assembly line and had stolen the idea, but none of that adds up when you look at the facts.”

It’s unclear if Lallement ever worked at Michaux, but Herlihy believes the Frenchman probably knew the founders of the company. He believes Lallement is the true inventor for a number of reasons. First, the history of the Michaux company that ultimately emerged is full of inaccuracies; second, through Herlihy’s research he was able to verify several key points in Lallement’s version of events, including the April New Haven ride; finally, and perhaps most importantly, Michaux never challenged Lallement’s patent.

“They certainly had the opportunity to discredit the Lallement patent, and they didn’t,” Herlihy says.

Bicycles became more widespread when the high-wheel bicycle, aka “penny-farthing” or “ordinary,” was commercially developed in Britain in the 1870s. This is the bicycle most people generally think of when they think of historical bicycles. It had an almost cartoonishly large front wheel, with a much smaller back wheel.

By that point, Lallement had sold the rights to producing his bicycle to another transportation pioneer with ties to Connecticut named Albert Pope. Inspired by the English bicycles, Pope began mass-producing U.S. bicycles in Hartford (though he lived in Boston). Pope’s company later went on to manufacture early motorcycles and automobiles in Connecticut.

Pope hired Lallement to work for him for a time, but his tenure with the company was short-lived. Considering the impact of his invention, Lallement did not enjoy much glory. “I think he took pride in what he had done, but it doesn’t seem to have benefited him much financially,” Herlihy says.

Impoverished and alone, he died of stomach cancer at age 47 while living in Boston.

But Lallement has not been forgotten.

Herlihy has campaigned successfully to have a commemorative plaque installed by the New Haven Green and for a bike path in Boston that passes by the spot where he died to be named in his honor. Every spring, Elm City Cycling organizes a bike ride from Ansonia to New Haven in memory of the inventor and the first recorded bicycle ride in America.

David Herlihy will speak at the annual Bike Walk Connecticut dinner and silent auction at Central Connecticut State University in New Britain on Nov. 11 at 5:30 p.m. (bikewalkct.org) and at the Avon Public Library on Nov. 12, 2-4 p.m. (860-673-9712, avonctlbrary.info).



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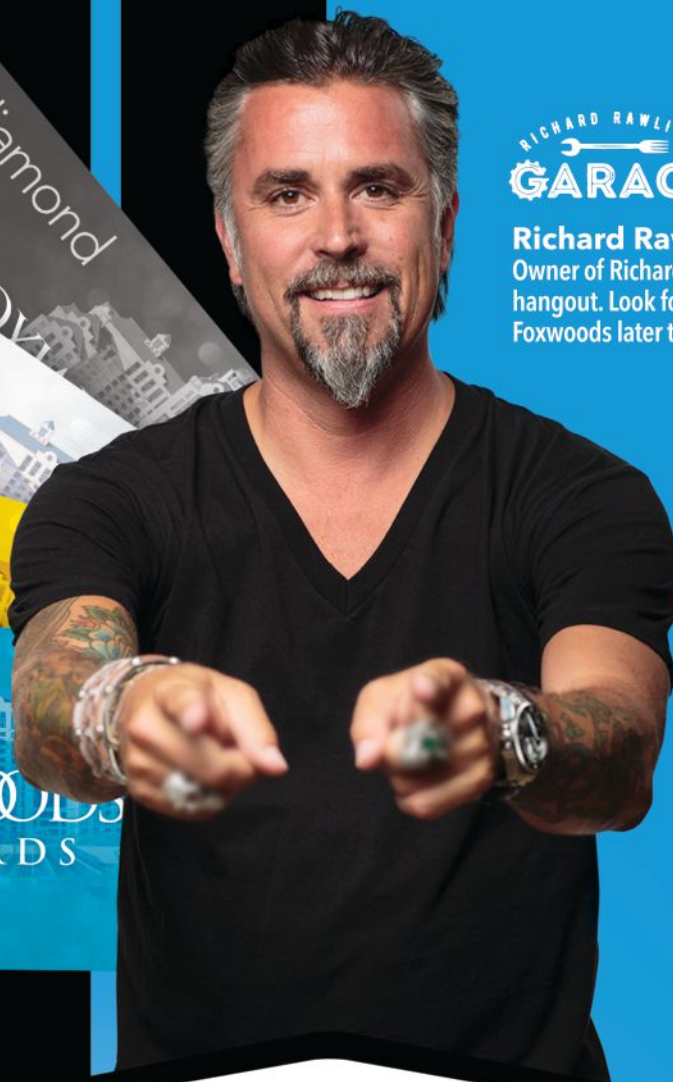
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